

Keeping People Warm and Well this Winter

5th November 2025.



Somerset
Council



Agenda

Opening and Introduction:

- 12:00pm: Welcome - Lisa Rogers, Partnership Manager, Public Health, Somerset Council
- 12:05pm: How cold weather can affect health – Chloe Welsh - Healthier Lifestyles Apprentice, Somerset Council
- 12:10pm: Protecting your Mental Health in Winter – Amy Hardwick – Health Improvement Manager, Somerset Council
- 12:20pm: Connect Somerset, Support Available – Laura Annandale – Head of Service, Early Help Commissioning, Somerset Council
- 12:30 Somerset Independent Living Centres / Somerset Lifeline - Julian Bellew, Adult Social Care, Somerset Council
- 12:40pm: Somerset Community Foundation: Winter Grants – Andrew Ridgewell – Programmes Director, Somerset Community Foundation
- 12:50pm: Planning for cold or extreme weather – Ellie Bamforth, Sophie Morris – Emergency Planning, Somerset Council
- 13:00pm: Financial wellbeing and support - Kylie Page - Client Services Operations Manager, Citizens Advice
- 13:10pm: Protecting your Physical Health and Falls Prevention – Dawn Jenkins – Senior Project Officer, SASP
- 13:20: Safe and Warm Somerset / support available – Deb Geraghty - Casework Officer, The Centre for Sustainable Energy
- 13:30pm: Close

Welcome



**How cold
weather can
affect health**



How Cold Affects Health

Exposure to cold temperatures has a range of effects on our health which can include:

- Increased blood pressure (hypertension) – Our libraries across the county offer free loans of blood pressure monitors. The kits can be loaned for a fortnight allowing people to check their blood pressure, 'at rest', in their own home.
- Increased risk of clotting.
- Suppression of the immune system.
- Diminished capacity of the lungs to fight off infection.

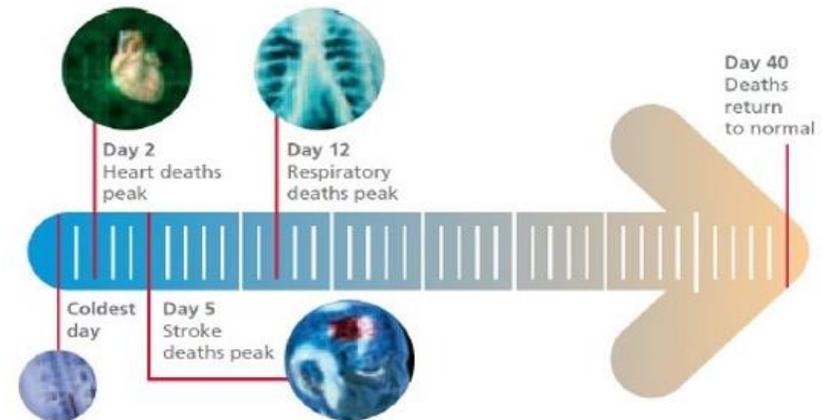
In an average year in Southwest England there are about 30% more deaths in winter than in non-winter months

- The majority of these are in adults: 80% of excess winter deaths are of people aged 75+.
- Other groups who are very vulnerable to the health impacts of cold weather are children in cold homes, who are more likely to develop chronic lung conditions, people living with disabilities and long-term conditions and people with mental health conditions.

Aside from the effects of cold temperatures, snow and ice also cause:

- Disruption to service provisions.
- Reduction in access to essential services.
- Increase in the risk of falls and injuries.

Sign up to cold weather alerts at: [Met Office \(govdelivery.com\)](https://www.gov.uk/government/organisations/met-office)



[Supporting vulnerable people before and during cold weather: healthcare professionals - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/organisations/met-office)

Preventing Winter Illness

The UK Health Security Agency (UKHSA) is urging vulnerable groups to take up the flu vaccine as data shows last year's programme prevented around 100,000 hospitalisations in England.

Data from this year's [Southern Hemisphere winter season](#), showed an early start, with high cases numbers.

Prevention:

Stay away from others (**if you can**) if you have a high temperature or don't feel well enough to work.

Handwashing!

Catching coughs and sneezes



Somerset Covid-19 Vaccination Programme

NHS COVID-19 vaccinations have saved countless lives, kept tens of thousands of people out of hospital, and helped us to live with the virus without fear or restrictions. This year eligibility changed – Covid-19 is now considered a mild infection for most. The vaccine is for those most at risk.

Who is eligible?

Those eligible for an autumn COVID-19 vaccine include:

1. Residents in a care home (now for all CHs)
2. All adults aged 75 years and over
3. Persons aged 6 months to 74 years in a clinical risk group, as laid out in the [Green Book](#), chapter 14a COVID-19 chapter (Green Book)

COVID-19 appointments will be available to book via your GP surgery, through the NHS App and [website](#), or by calling 119.

**This year, private Covid-19 vaccines are available at high street pharmacies costing approximately £100.
The programme runs until 31st January 2026.**

Health and Social Care staff are not included in the offer this year – it has limited benefit for staff due to population immunity.

Somerset Flu Vaccination Programme

Eligible Groups for Free Flu Vaccination

From 1 September 2025:

- **Pregnant women**
- **Children aged 2 or 3** on 31 August 2025
- **Primary school children** (Reception to Year 6)
- **Secondary school children** (Year 7 to Year 11)
- **Children aged 6 months to under 18 years** in clinical risk groups

From 1 October 2025:

- **Adults aged 65 and over**
- **Adults aged 18 to under 65** in clinical risk groups (see below)
- **Residents in long-stay care homes**
- **Carers** (those receiving carer's allowance or main carers of elderly/disabled individuals)
- **Household contacts of immunocompromised individuals**
- **Frontline health and social care workers** (without employer-led occupational health schemes – any SFT drop in, pharmacy (show work ID))

Flu vaccines are available at high street pharmacies costing approximately £20.

Protecting your Mental Health in Winter

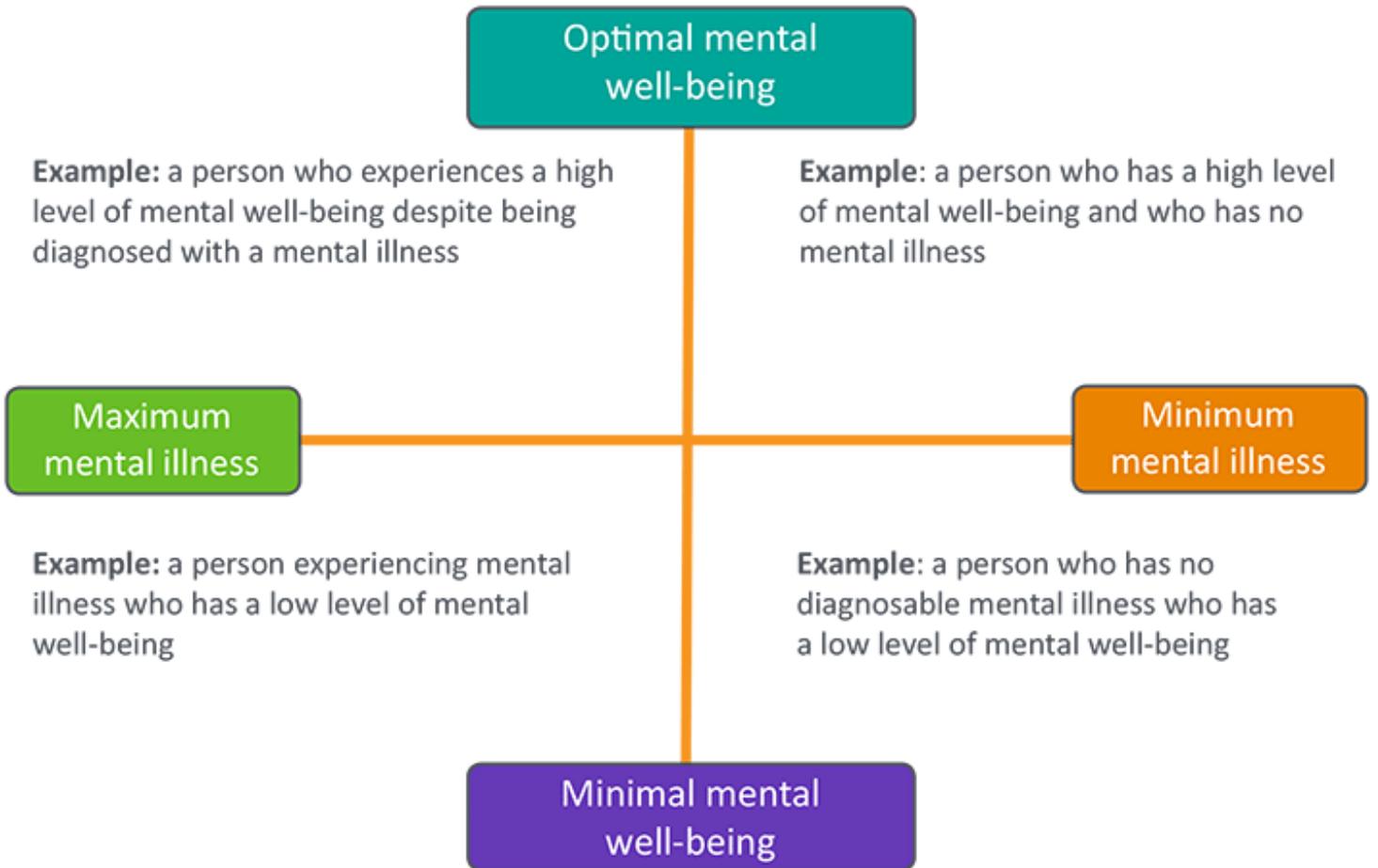


What is Mental Health & Emotional Wellbeing?

We all have mental health, it affects how we think, feel and act

Mental health and physical health are connected

We need to proactively look after our mental health



Mental Health During Winter

- Financial Stress / debt
- Fuel Poverty
- Social Anxiety
- Reduced physical movement
- Isolation
- Food anxiety
- Seasonal Affective Disorder (SAD)
- Substance Use



Some Signs of Poor Mental Health

Eating or sleeping too much or too little

Pulling away from people and usual activities

Having low or no energy

Feeling numb or like nothing matters

Feeling helpless or hopeless

Smoking, drinking, or using drugs more than usual

Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared

Experiencing severe mood swings that cause problems in relationships

Having persistent thoughts and memories you can't get out of your head

Hearing voices or believing things that are not true

Thinking of harming yourself or others

Inability to perform daily tasks

How Can We Promote Positive Mental Health?



Better Health every mind matters **NHS**

Take this moment to focus on your

breathing

Search **Every Mind Matters** for your personalised Mind Plan.

READING WELL

Find helpful reading at your local library

Recommended by health professionals and people with lived experience

reading-well.org.uk

Book covers shown include: 'Helping You Live Well with Long Conditions', 'Books on Prescription: Dementia', and 'READING WELL children'.

Support Services

Here for you 24/7 – Rain or Shine.



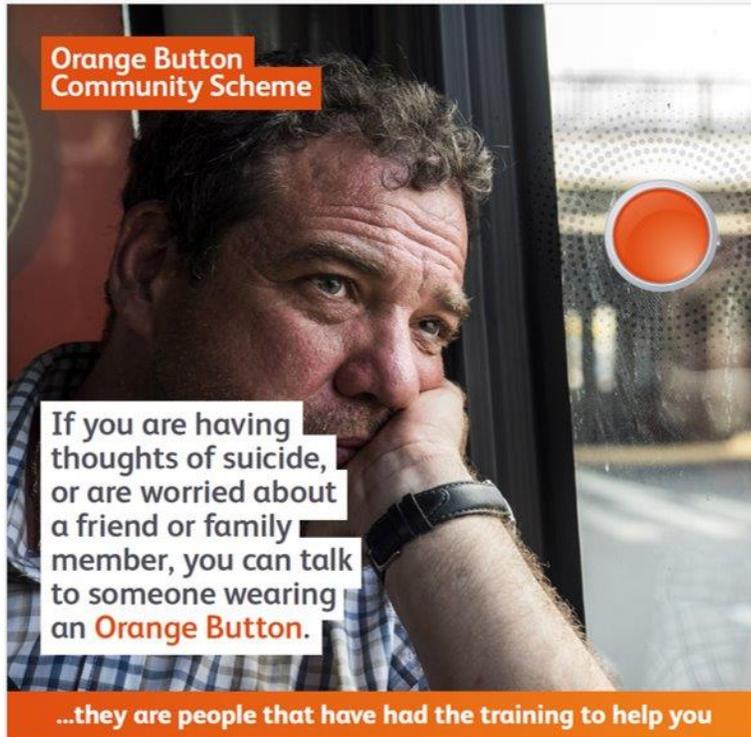
Somerset
Mindline 0800 138 1692
Somerset's 24-hour mental health helpline. 01823 276 892

  www.mindinsomerset.org.uk Reg Charity No. 1109626

Open
Mental
Health

The Silver Line
helpline for older people
0800 4 70 80 90

Orange Button Community Scheme



Orange Button Community Scheme

If you are having thoughts of suicide, or are worried about a friend or family member, you can talk to someone wearing an **Orange Button**.

...they are people that have had the training to help you

- Over 1400 people have completed suicide prevention training and signed up to wear the Orange Button.

- They are there to listen and support with signposting.

- If you would be interested in completing training and joining the scheme, please visit

www.mindinsomerset.org.uk/training/orange-button/

- [Training available online and F2F in 2025!](#)

If you need help right now and you are struggling with your mental health, having thoughts of suicide, or are worried about a friend or family member.

Scan the QR code for a list of services in your area



Please call our 24/7 helpline Mindline phone: 01823 276892 or freephone: 0800 138 1692 or visit **Open Mental Health** to find help and support.



Advice and Support for Employers



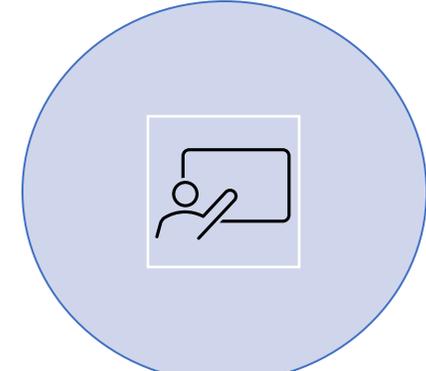
**REGULAR
WELLBEING
CHECK INS**



**ESTABLISH A
FINANCIAL
WELLBEING
POLICY**



**CREATE A SAFE
SPACE FOR
EMPLOYEES TO
OPEN-UP
ABOUT
WORRIES**



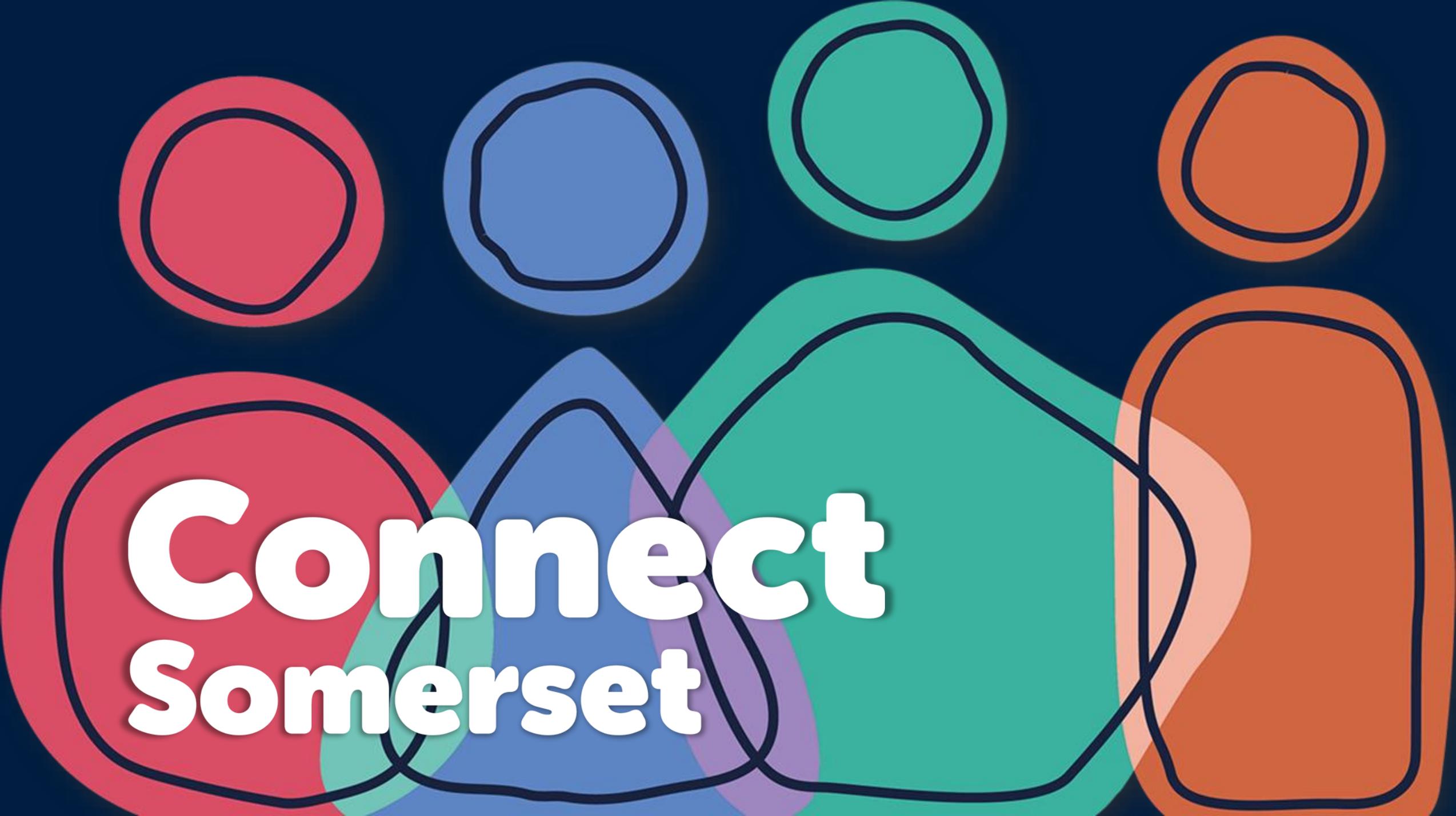
**COMPLETE
MENTAL
HEALTH AND
SUICIDE
PREVENTION
TRAINING**

Festive Wellbeing Kit.

Tools to help you if you are struggling.

Open
Mental
Health



The image features a dark blue background with four stylized human figures in red, blue, teal, and orange. Each figure is composed of a solid-colored body and a dark blue outline for the head and torso. The figures are arranged in a circle, with their bodies overlapping. The text 'Connect Somerset' is written in a bold, white, sans-serif font, centered over the figures. The word 'Connect' is on the top line and 'Somerset' is on the bottom line.

Connect Somerset

#Help4All



Get free support and advice on:



Money - including cost of living, debt, energy costs, jobs, benefits and transport.



Food - find your local food bank, Happy Healthy Holidays, and more.



Home - housing support and advice, including help with your rent or mortgage.



Health and Wellbeing - find local support and toolkits for adults, young people and children.



Domestic abuse - help if you or your family are affected by domestic abuse or violence.



Problems with drugs or alcohol - for young people and adults affected by substance abuse.



Parenting - tools and guides for parents, carers and grandparents.



Scan the QR code or visit:

www.connectsomerset.org.uk/help4all



Is the
cost of
living crisis
affecting your
daily life?



Do you need **help?**

Support is available in your local community.



Please scan QR code or visit:

🌐 www.somerset.gov.uk/cost-of-living-support

If you do not have access to the internet,
phone ☎ 0300 123 2224 and ask for
'cost of living support'.

#Help4All

- Easy to digest universal **offer of early help** that's available to all residents
- Building **resilience** for families and residents
- Includes support with cost-of-living crisis, #LearnForLove parenting support, Council and partners' advice and guidance
- **All professionals have conversations with families** about what's available to help, and help them to access that support

www.ConnectSomerset.org.uk/Help4All

#Help4All 

Everyone is impacted by the cost-of-living rising which can put extra pressure on families. Somerset voluntary, community and public services are here to help. We've listed some of the most popular services and support that may be useful for you to know about.
www.connectsomerset.org.uk



Money - Contact **Citizens Advice** via email or use the daytime/evening Adviceline on **0800 278 7842** for advice on debt, energy costs, benefits. If you need immediate money for food or heating, you can access the **Somerset Household Support Fund**, professionals can help you with this, if required. You can find a nearby **warm welcome** space, or **food and activities** for eligible children at weekends. You can also seek help with **housing benefit**, **council tax reduction**, **claiming a discretionary award** and **public and community transport**. As well as support with **life long learning** and **finding and keeping a job**.

Food - Find your local food bank (you may need a referral from a professional). Children and young people under 16 and Food (you will have a child under 4, you may be eligible for free school meals).

Home - If you are worried about your home, as you can, as we offer help. In an emergency you can call 0800 278 7842.

Mental health - Open Access Mental Health Support also be accessed through 01823 276 892 or online. Support for young people is available through the Tellmi app. For more information, see our guides and counselling services. **SASP**. You can also make a referral to the **SASP**.

Domestic abuse - If you or your family are affected by domestic abuse, you can get help from **Somerset Domestic Abuse Service** or call **0800 69 49 999** and choose option 2.

Drugs or alcohol - There is advice and support for young people, adults, and their family members if substance misuse is a problem. Contact **Somerset Drug & Alcohol Service** or phone **0300 303 8788** any time.

Parenting - Parents, carers and grandparents can **#LearnForLove** (access code: dragon) to support children from bump to teenager. **Young Somerset** also offer parent workshops and wider parent led work with mental health and early years.

Get free support and advice on:



Household Support Fund

Somerset families and residents who are struggling during the cost-of-living crisis could be eligible for support. This support could also include funding towards the cost of food, energy, water and other essentials.

We are working with partners across education and the **VCFSE** sector to provide essential support to families and residents.

Somerset Household Support Fund

School holidays food vouchers for eligible families on FSM

Crisis Grant Programmes delivered by Auriga, Citizens Advice, CCS, Age UK and SCF

More Early Help through increased hub capacity - funded local 'hubs'

A financial literacy programme, delivered by Citizen Advice, embedded in hubs

Age UK to bolster their offer to older people

Council Tax Hardship Fund

Wrap Around Care + delivered by SASP offering enrichment and a cooked meal

Increased capacity from the Thrive Village Agent Service

Is the **cost** of **living** crisis affecting your **daily life**?

Do you need **help**?



Community Hub directory



Holiday Activity and Food (HAF)

- DfE funded
- Delivered in partnership with SASP through the Happy Healthy Holidays (HHH) Programme.

[Happy Healthy Holidays Programme - Somerset Activity & Sports Partnership](#)



**Happy Healthy Holidays
Somerset**

Winter 2025
22nd December - 2nd January

Healthy Happy Holidays

What is it?

The Happy Healthy Holidays (HHH) programme offers free and fun activities with food, during the school holidays. The programme is government funded through Somerset Council and managed by SASP.

Who is it for?

All HHH activities are funded and include a meal for any child or young person, aged 5-16 in receipt of benefit related free school meals (FSM) in Somerset. School holidays food vouchers for eligible families on FSM

When is it?

Bookings go live on Monday 24th November at 10am. Activities start on Monday 22 December to Friday 2nd January.

Thrive Talking Cafés

Talking Cafes provide a local place for families to pop into, for advice and support from your local Village Agent on **anything** that is worrying them, or if they just want a friendly chat.

<https://somersetagents.org/talking-cafes/>



MONDAY

- AXBRIDGE: ST JOHN'S BAPTIST CHURCH 10.30AM - 12.30PM
- HINEHEAD: METHODIST CHURCH 10.00AM - 12 NOON
- TAUNTON: FOODBANK (DROP-IN ONLY) 10AM - 12 NOON
- WEST HUNTSPELL: ST PETER & ALL HALLOWS CHURCH 10.30AM - 12 NOON

TUESDAY

- BURNHAM-ON-SEA: METHODIST CHURCH 10AM - 12 NOON
- TAUNTON: WELLSPRINGS COMMUNITY CHURCH 10.30AM - 12.30PM
- WELLINGTON: ST JOHN'S CHURCH 10AM - 12 NOON
- WEST BAGBOROUGH: VILLAGE HALL COFFEE MORNING 10.30AM - 12 NOON
- WILLITON: PAVILION 1PM - 3PM
- YEOVIL: LIBRARY 10AM - 12 NOON

WEDNESDAY

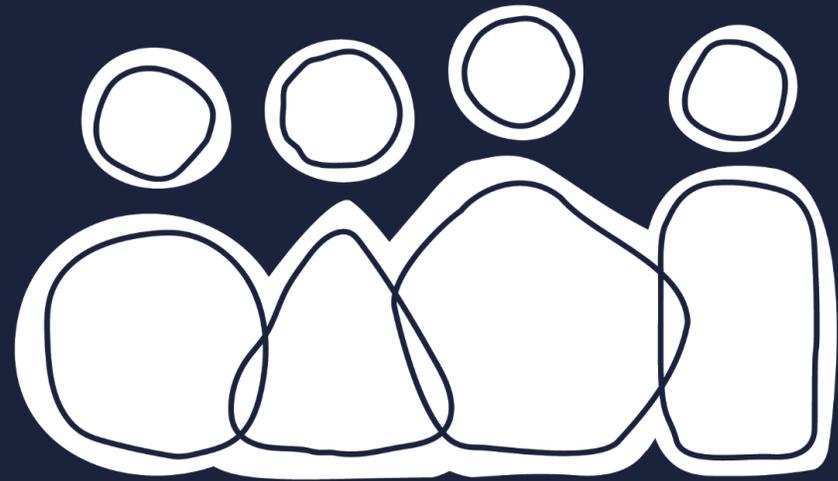
- BRIDGWATER: RECREATION COMMUNITY HUB 1.00PM - 3.00PM
- CHAUD: COMMUNITY WAFLE 10AM - 12PM
- LANDPORT: THE ANGEL KNIFE 10.00AM - 1.00PM
- WIMBORNE: LIBRARY 10AM - 12 NOON
- WYVELECOMBE: SILVER STREET CENTRE 10.30AM - 12 NOON
- WOOLAVINGTON: WITHAM WALK HALL 10AM - 12PM

THURSDAY

- BISHOPS LYDEARD: VILLAGE HALL 9AM - 11 NOON
- CHECH ST HELENS: LIFE CAFE, BAPTIST CHURCH 10.30AM - 12.30PM
- DULVERTON: THORNS HEAD COMMUNITY CENTRE 10.30AM - 12.30PM
- HIGHBRIDGE: PUNTSPOON CAFE 10.00AM - 12 NOON
- SOUTH PETHERTON LIBRARY: 10M - 12 NOON
- YEOVIL: WESTFIELD COMMUNITY CENTRE 10AM - 11 NOON

FRIDAY

- GALMINGTON: ST. MICHAELS CHURCH 9AM - 10.30AM
- ILMINSTER: LIBRARY 11AM - 1PM



**Connect
Somerset**

Somerset Independent Living Centres (SILC)



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Somerset Independent Living Centres (SILC)

- Occupational Therapy led service
- Adult Social Care
- Shepton, Taunton & Yeovil (Bridgwater in development as part of the Academy)
- Includes housing options & sensory loss
- No rehab, post-surgery or recent trauma

What is the aim of the centres?

- Funded by Adult Social Care (Somerset Council)
- Timely Occupational Therapy Assessments
- Prevention agenda – early intervention, prevention of falls, supporting carers, prevent/delay loss of independence, prevent/delay need for care (cost avoidance).
- Awareness of equipment and services available
- Signposting

Occupational Therapy – what is it?

An occupational therapist helps people of all ages overcome challenges completing everyday tasks or activities – what we call ‘occupations’.

(RCOT, 2023)





One is still

Can you show me a piece of equipment?

What happens at a SILC appointment?

Customer journey:

- Self-referral / professional referral
- Appointment letter & home measurement sheet
- Reminder call – day before
- “How Can I Help”
- Trial equipment
- Advice & action plan
- Prescribe equipment

NAME: _____ Eclipse No _____

HOME MEASUREMENT SHEET

Please complete the following questions for the areas of your home you use the most.

Please bring this completed sheet with you to your appointment.

If you are able, please take digital photographs/videos of the areas on this form, this will help us give you the best advice

Toilet



Height of toilet _____ cm/inches
(Lift toilet seat up and measure from floor to toilet bowl)

Please measure the space behind the toilet, noting details of any pipes, boxing or fixtures at the rear base of the toilet.



Take the measurements facing the toilet:

On left of the toilet (A) _____ cm/inches
On right of the toilet (B) _____ cm/inches

Please state whether the walls around feel solid, or hollow/stud (tap the walls with your knuckle)

Chair



(The one you sit in the most)
Height from floor to chair seat (when sitting on chair)
_____ cm/inches

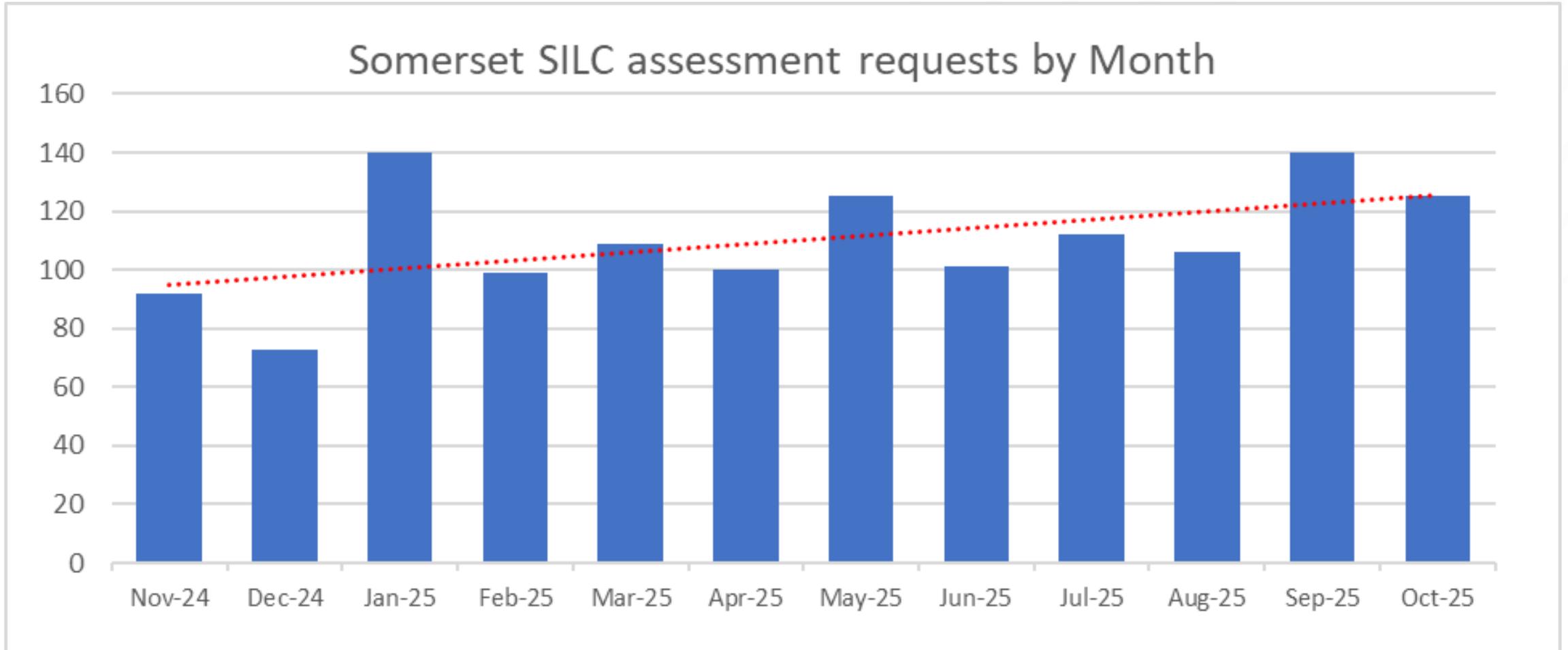
Please tick whether the chair has: (photo if poss)

Casters

Legs

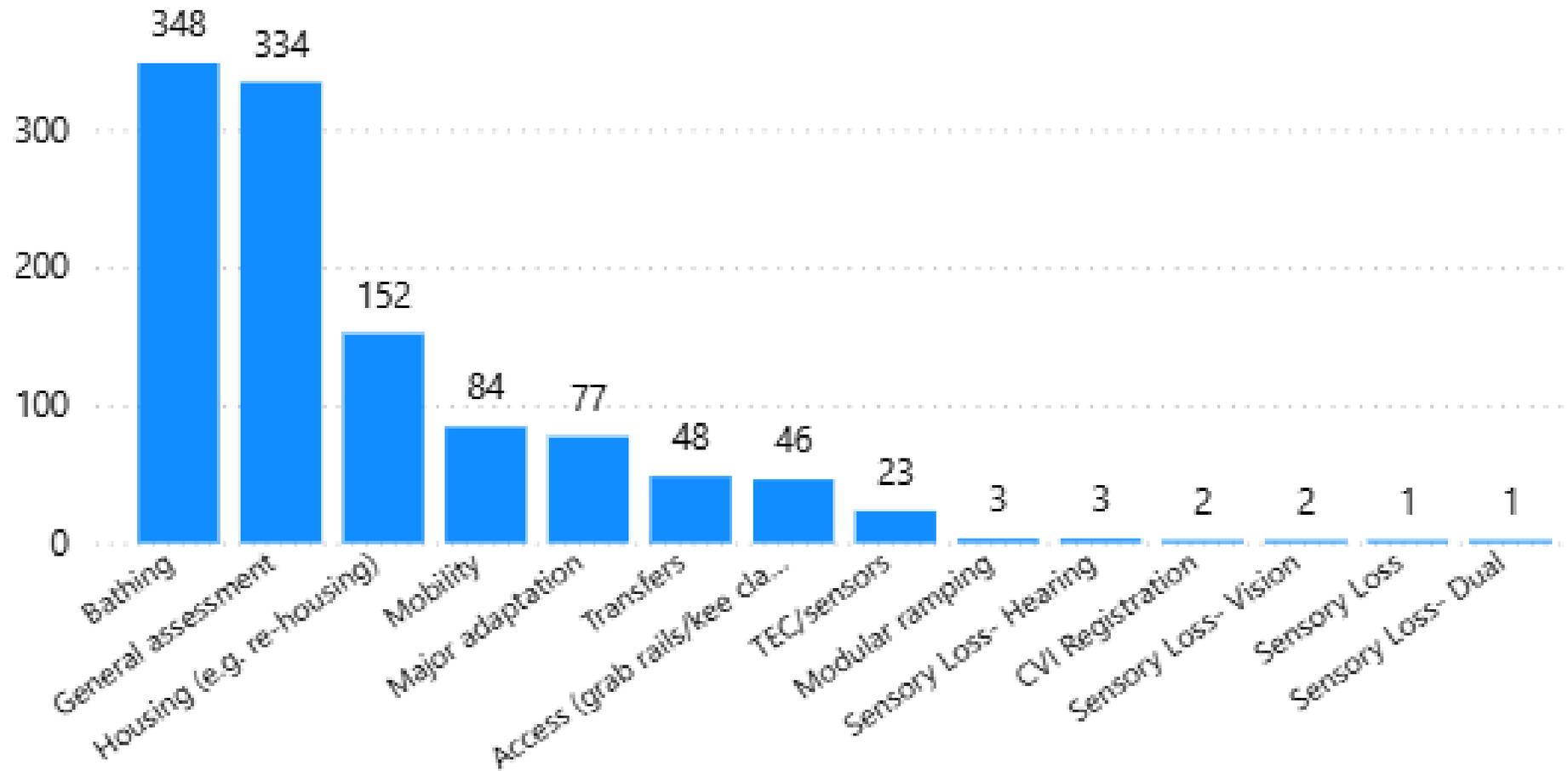
Other (describe) _____

Appointment request by month



What were the reasons for visiting the SILC in 2024

Reason for assessment

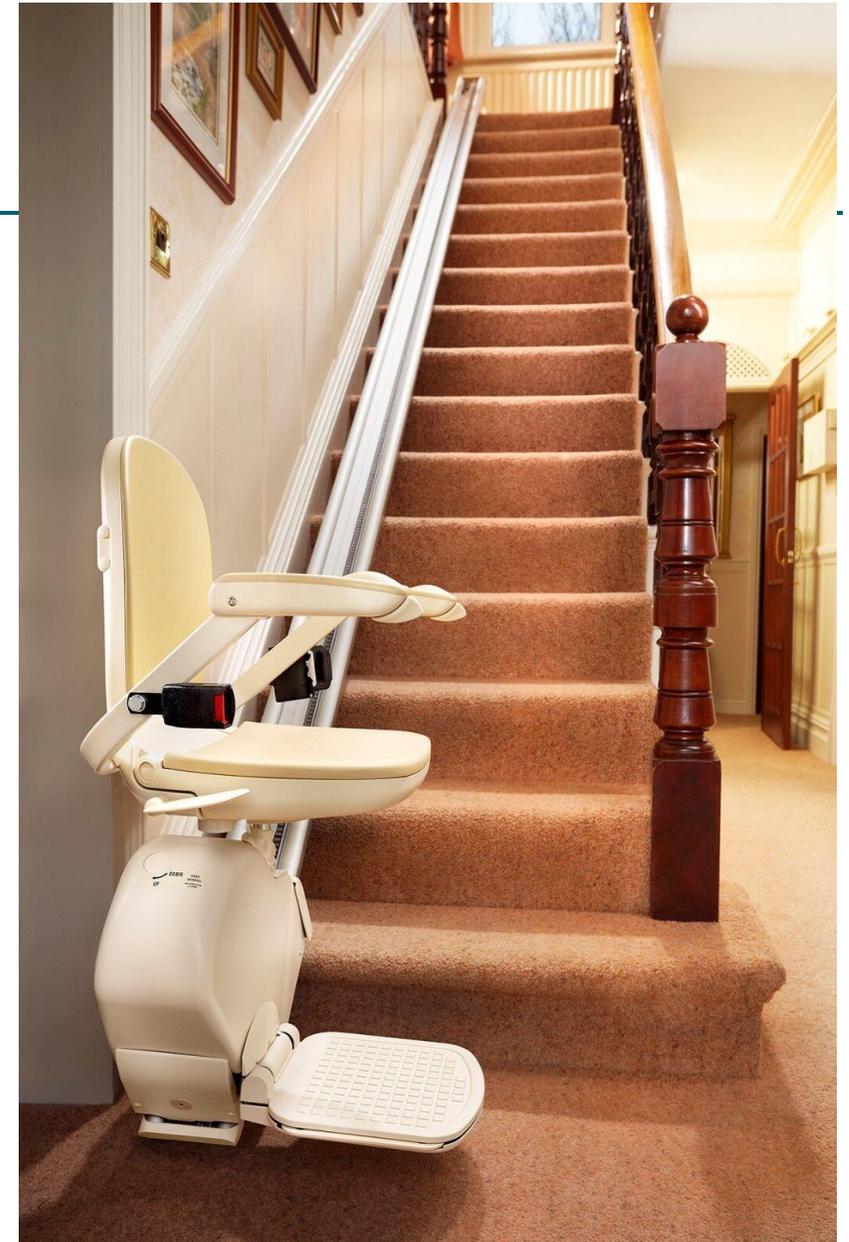


How can we help?

Julia's story:

- 42
- Single parent of 3 children
- Hereditary Spastic Paraplegia
- 2 storey house, toilet upstairs
- Not getting to toilet in time
- Caring for children upstairs
- Awaiting re-housing

- Stairlift
- Housing options report



How can we help?

Robert's story:

- 76
 - Living with wife in son's home
 - Motor Neurone Disease
 - Unable to use arms or hands
 - Wife needs a break
 - Granddaughter offers to take her out once a week
-
- Alexa to use phone
 - Call for help or chat with friends



How can we help?

Vera's story:

- 82
- Lives with husband who has dementia
- Carer
- Loves gardening
- Can't leave husband alone
- High risk of falls
- Chair & bed leaving sensor
- Baby monitor
- Can spend time in garden



How can we help?

Betty's story:

- 87
- Lives with daughter
- Alzheimer's type dementia
- Wheelchair user
- Too anxious to participate in SILC assessment
- Silcy the Robopet



How we've helped people in 2024

- Delivered 1732 SILC assessments. 232 (13%) did not attend
- Delayed the need for/an increase in home care services in 19% of attendees*
- 85% of people went on to not need any care after 12 months
- Only 15% of clients required a follow up home visit
- Avoided £2.1m in care costs*
- 564 visits to A&E/Minor injuries*
- 361 preventions of Informal carer breakdown*
- 256 people having to move home*

**Estimated only*

What do our customers think?

405 forms completed



4.91 out of 5



How do I get an appointment?

Somerset Independent Living Centres (SILC)



**Try out equipment and technology
to make daily living easier**



Toilet



Stairs/handrails



Bathroom



Bedroom



Kitchen/eating



**Safety at home
and technology**



**Hearing
and vision**



Getting around

We offer free, impartial information and advice



**SCAN
ME**



www.somerset.gov.uk/equipment

**Contact us to make
an appointment**

✉ adults@somerset.gov.uk

☎ 0300 123 2224

Please note: this service is by appointment only

Any Questions?

Self-referral:

adults@somerset.gov.uk

0300 123 2224 – ask for Independent Living Centre when prompted

Via our website:

[Equipment to help you \(somerset.gov.uk\)](https://www.somerset.gov.uk/equipment-to-help-you)

Professionals:

Via Professional Choices Somerset

<https://service.somerset.gov.uk/professional-referral-to-adult-social-care>

Promotional material available to promote the SILC service

<https://forms.office.com/r/m6kDbByYMc>



Somerset Lifeline

www.somersetlifeline.co.uk



Somerset
Council



24 hours

immediately connects to a 24 hour response team.

Somerset Lifeline is an emergency alarm comprising a button worn on the wrist or around the neck, and a small alarm unit that plugs into your electricity socket and phone line. At the touch of a button help is on hand from our Somerset based response team 24 hours a day, 365 days a year. Somerset Lifeline is part of Somerset Council.



Contact:

0300 123 2224

lifeline@somerset.gov.uk

www.somersetlifeline.co.uk/

WINTER FUNDING

ANDY RIDGEWELL (HE/HIM)
PROGRAMMES DIRECTOR

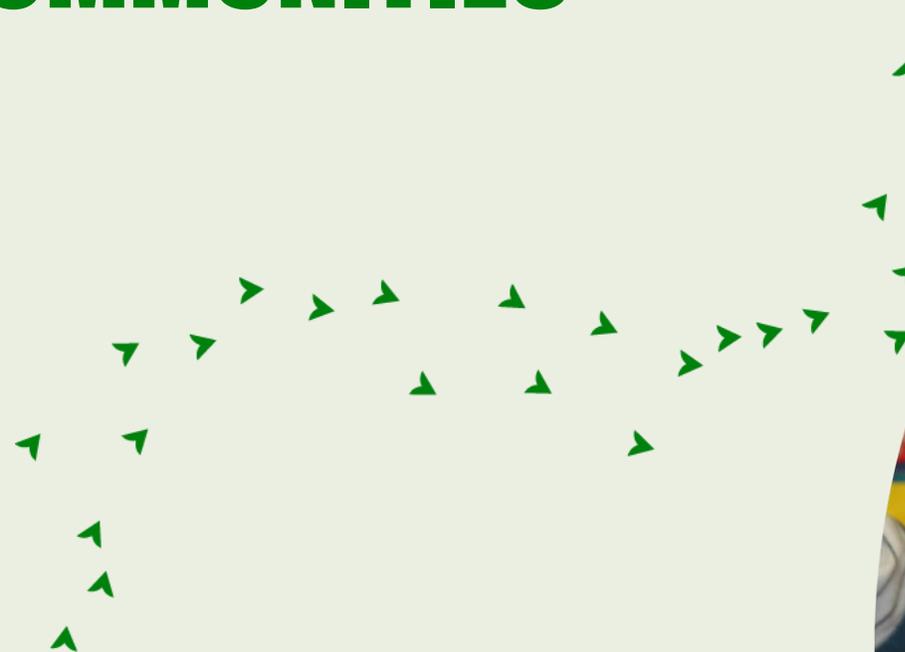
Somerset 
**Community
Foundation**

**Directing Funds
Driving Change**



ABOUT

**WE'RE A GRANT-MAKING CHARITY THAT HELPS
BUILD STRONG COMMUNITIES**



ABOUT

- Inspire local giving and philanthropy
- Fund charities, community groups, social enterprises and individuals
- Gather research and insight

Somerset 
**Community
Foundation**



ABOUT

- Most of our money is offered as a grant, which means you don't need to pay it back.
- We also offer some social investments, which include a loan element alongside a grant. You will need to pay the loan part back to us.



ABOUT

- £35 million awarded since 2002
- £4+ million awarded in 2024/25
- Typical grant of £3,500
- Range between £500 to £200,000
- Awarded across multiple programmes

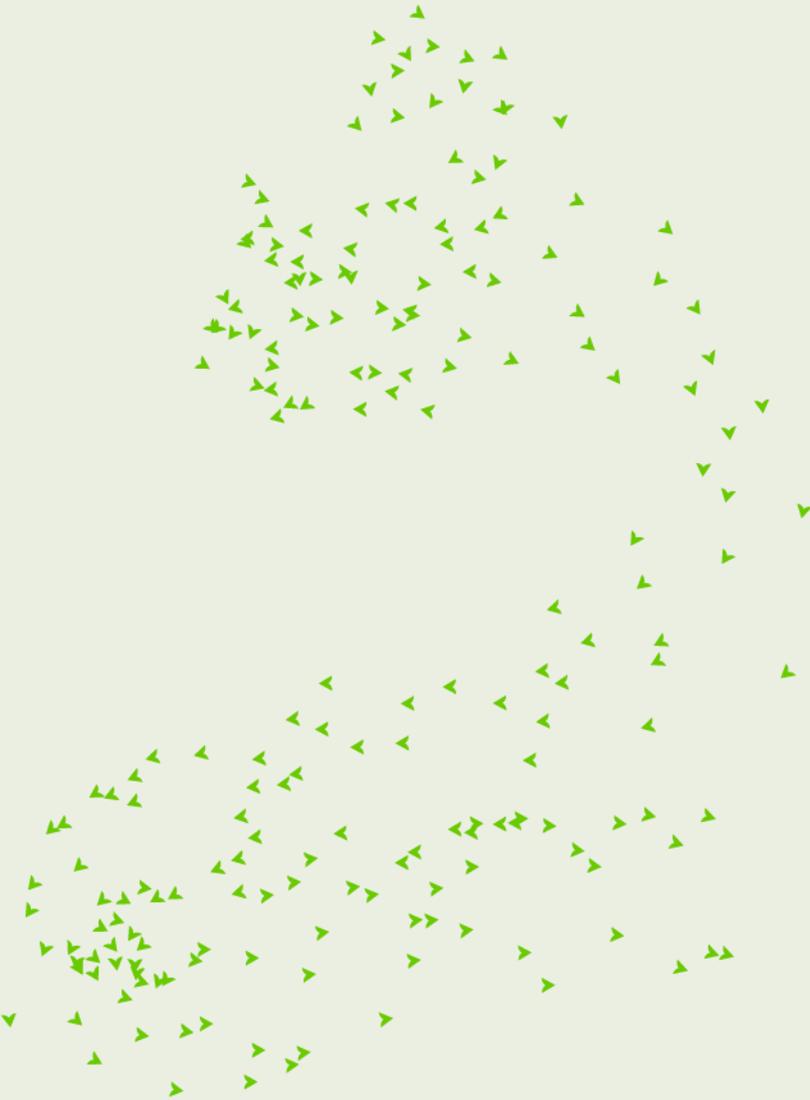


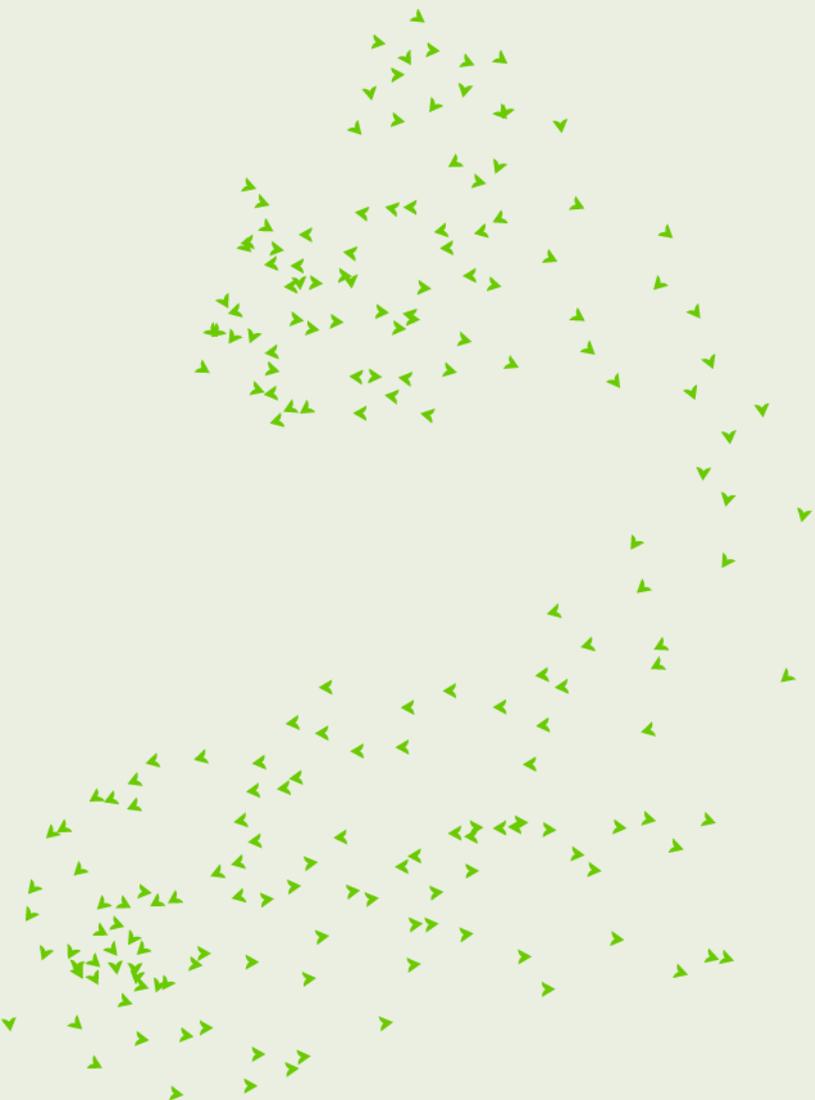
WINTER FUNDING 2024/25

Somerset 
Community
Foundation



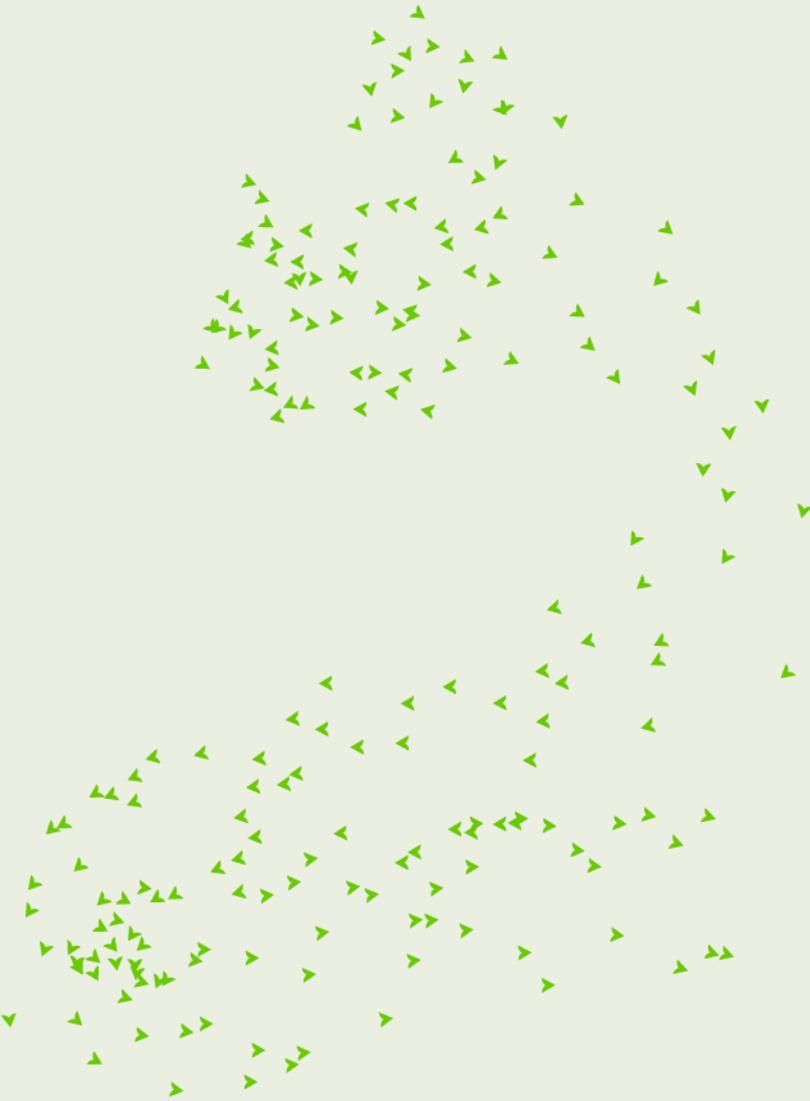
Surviving Winter grants to
individual older people
experiencing fuel poverty.

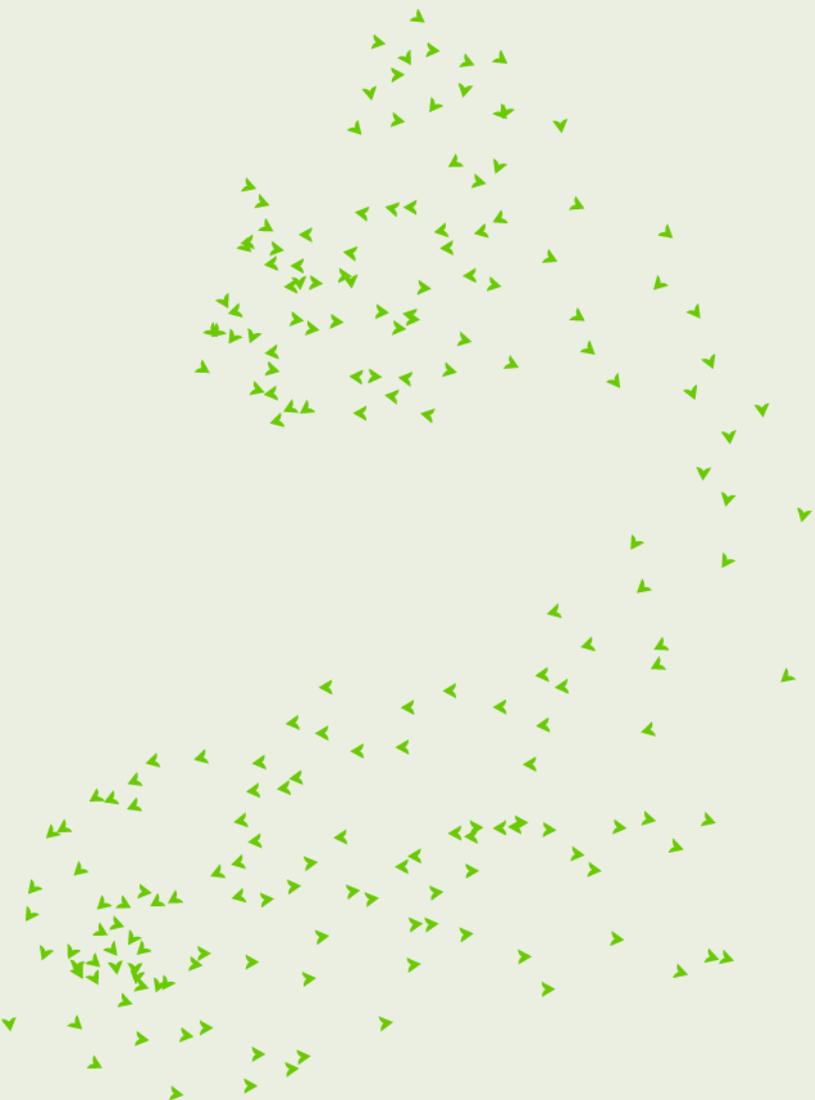




Distributed via partners,
such as Village Agents,
SSAFA, some housing
associations etc.

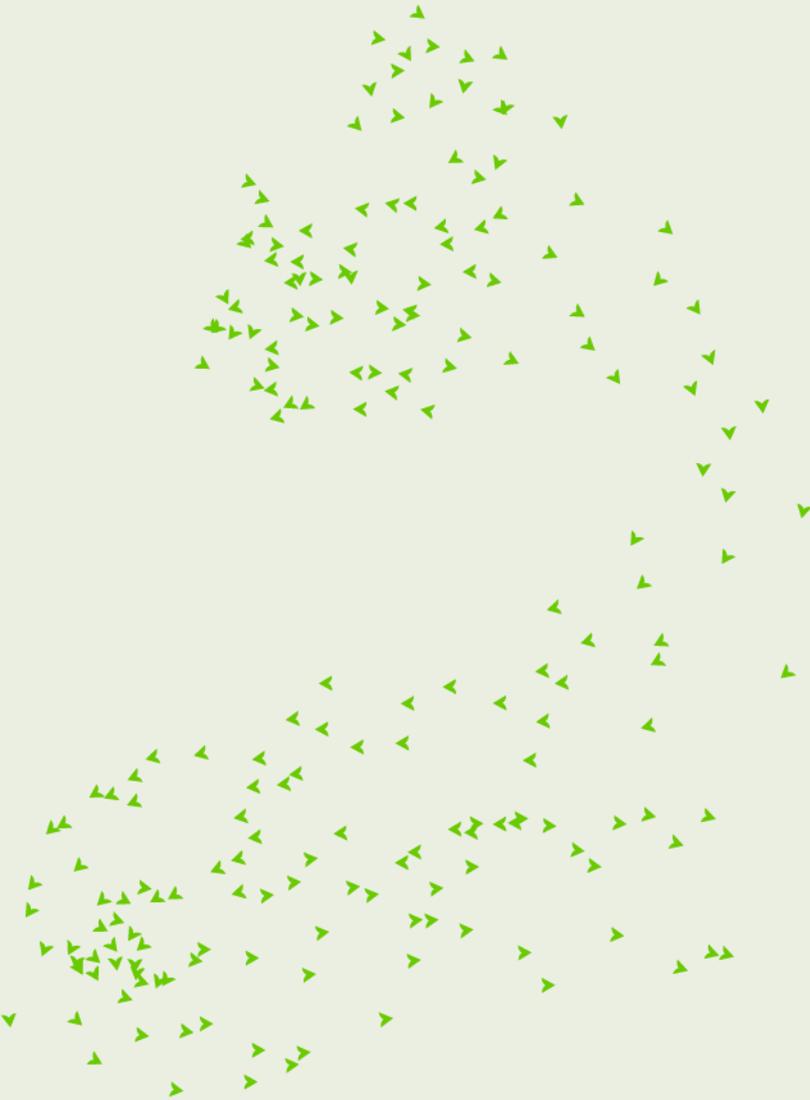
£150,000 in total of grants of
up to £500 each.



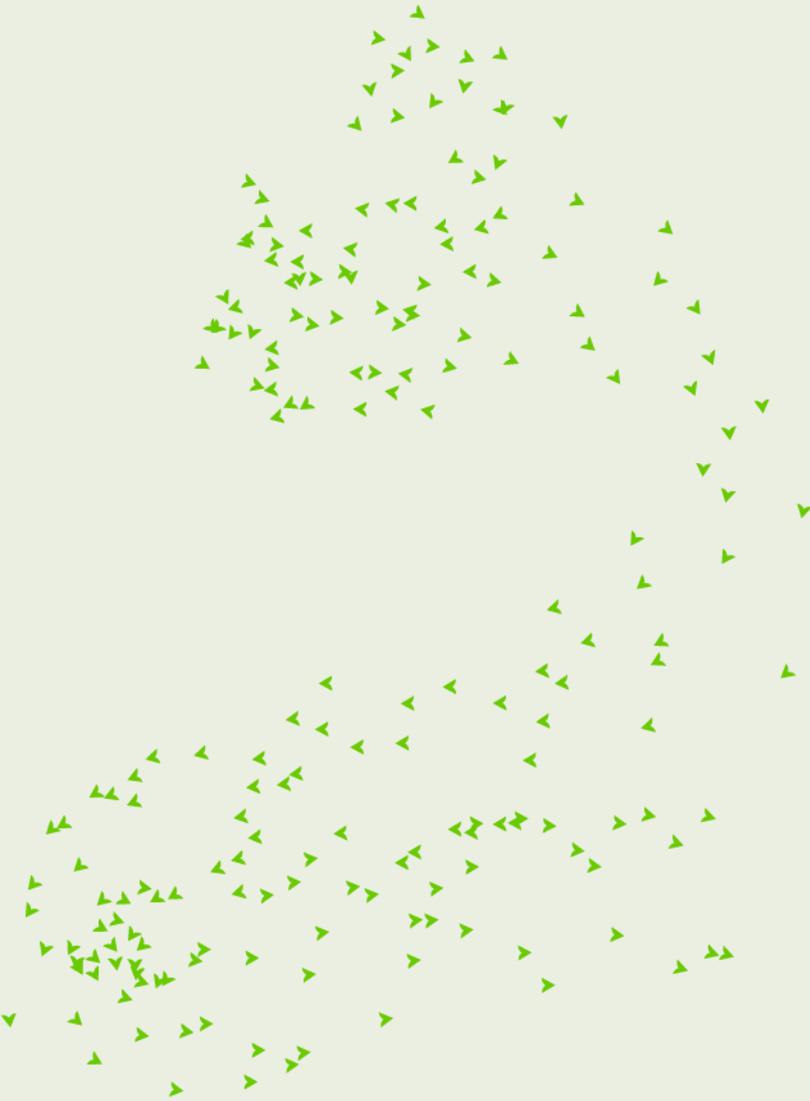


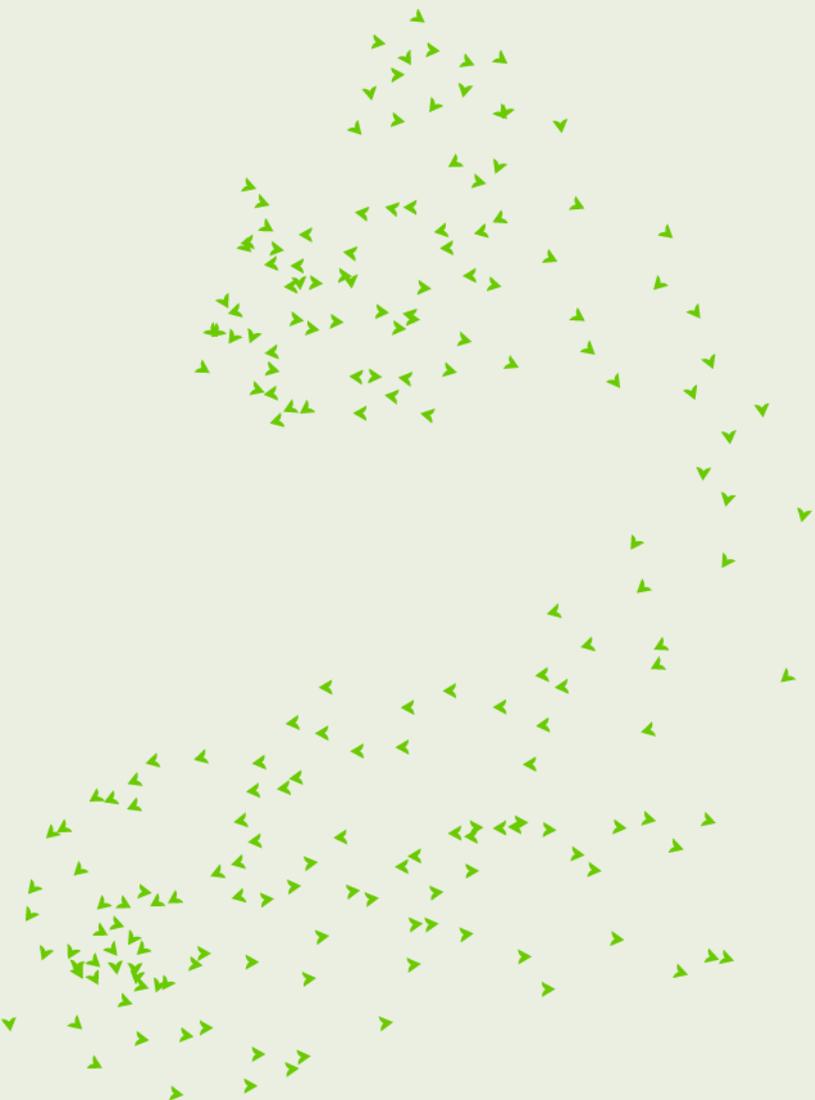
Help Through Winter
grants so community hubs
can provide warm welcomes

Community hubs also
supported to raise awareness
of CAB services.



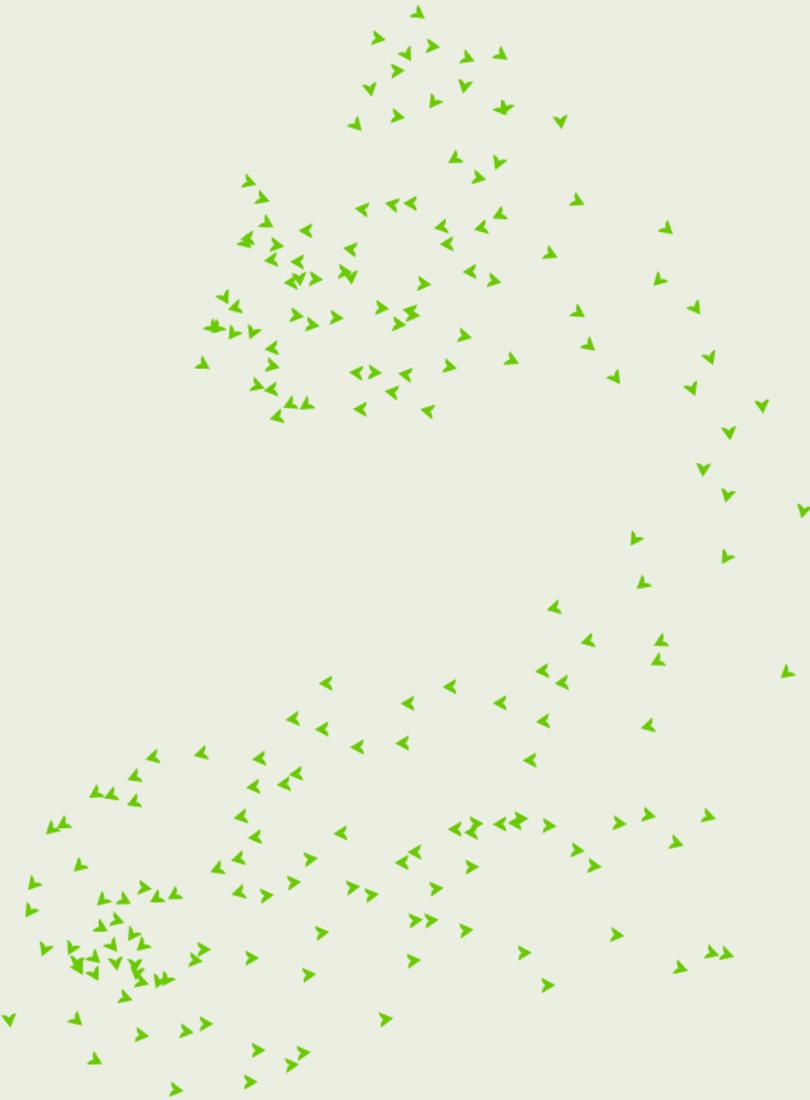
£1 million in total to 100
community hubs



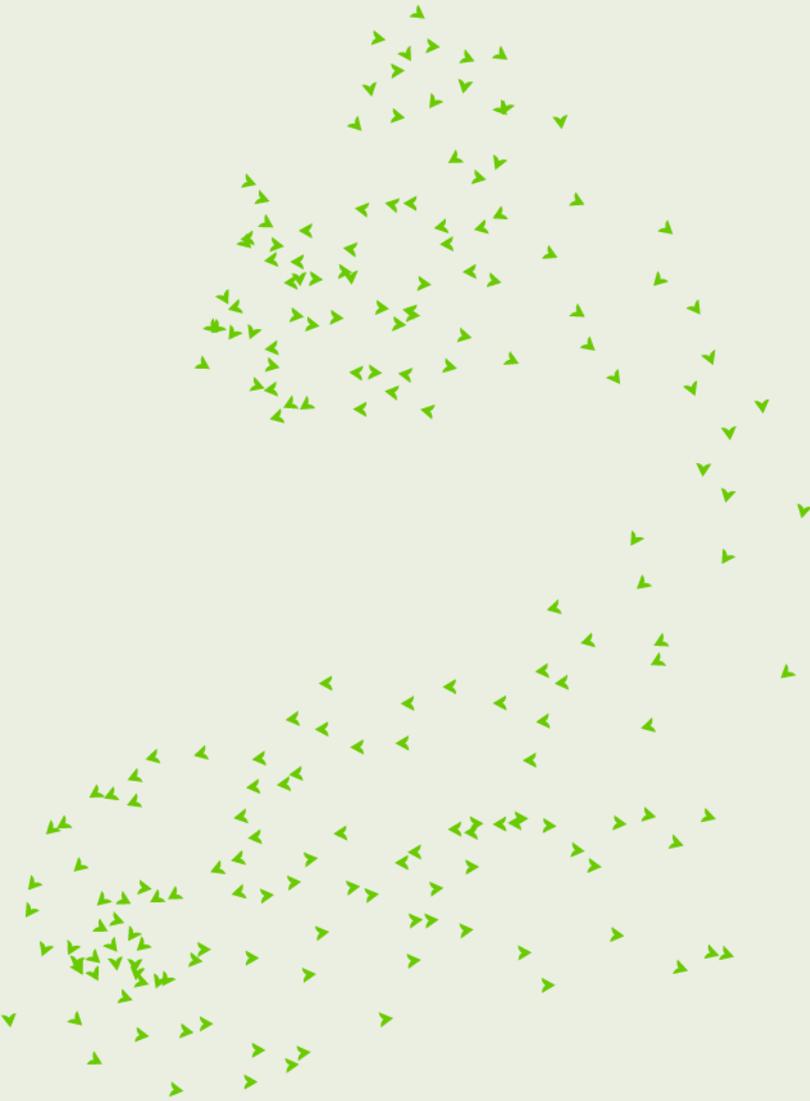


Festive Fund grants for
community meals and
activities.

Designed to help combat
loneliness around the
holidays.



£500 grants to around 75
communities.



THANK YOU



Somerset 
**Community
Foundation**

Planning for Cold or Extreme Weather Events

Emergency Planning, Response & Recovery Team

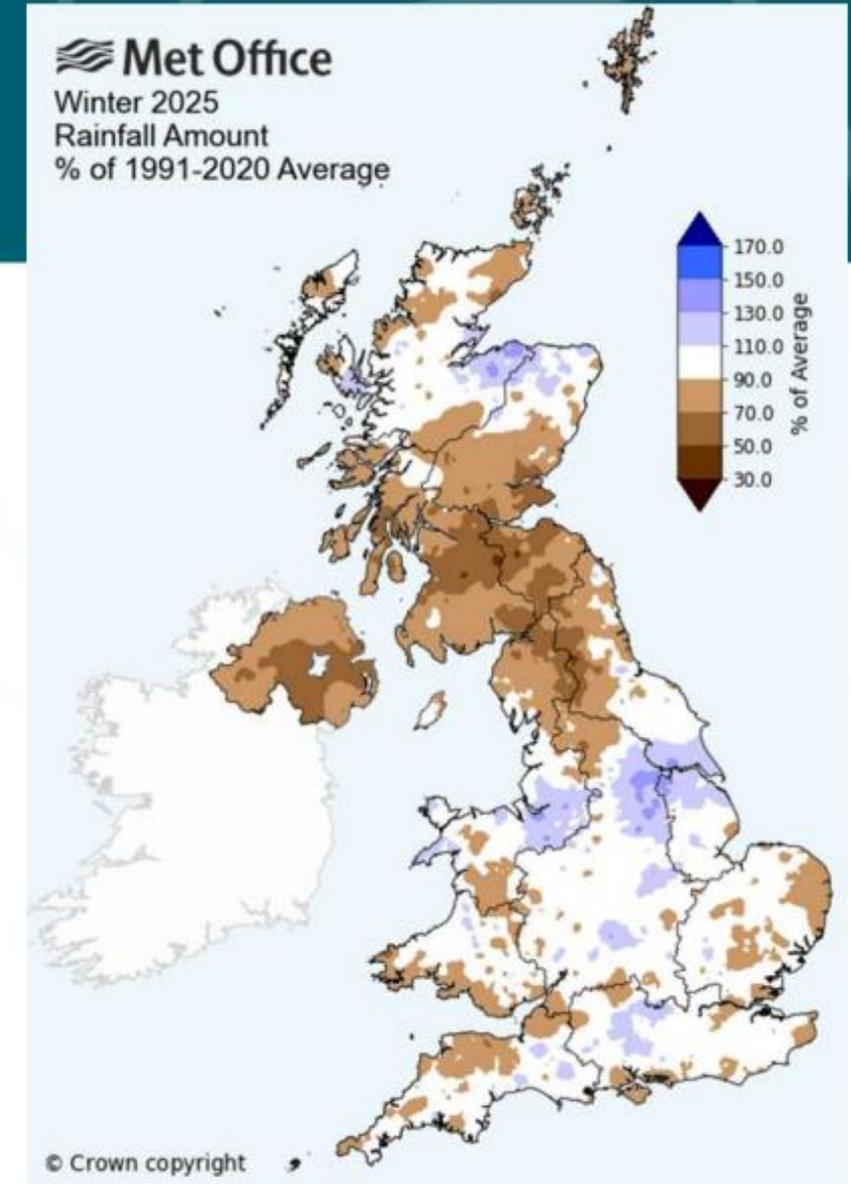
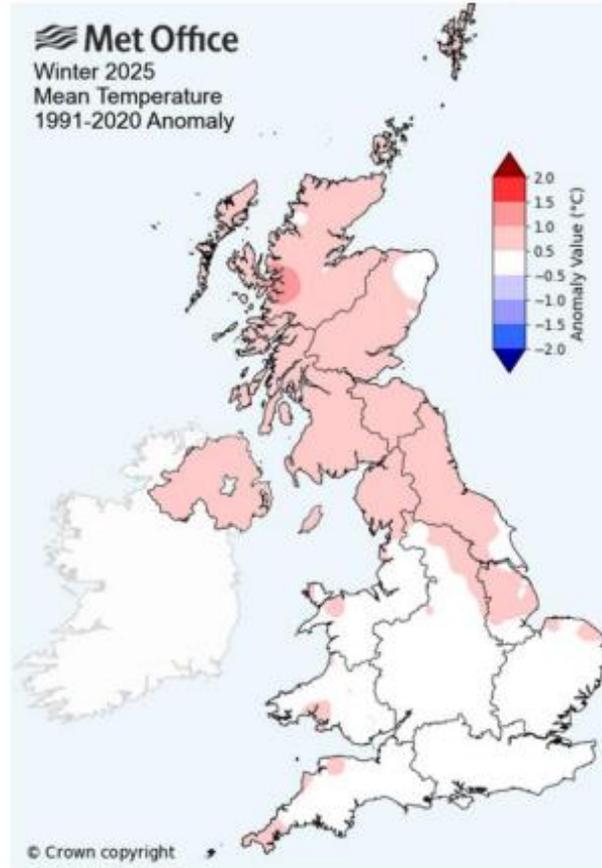


Somerset
Council



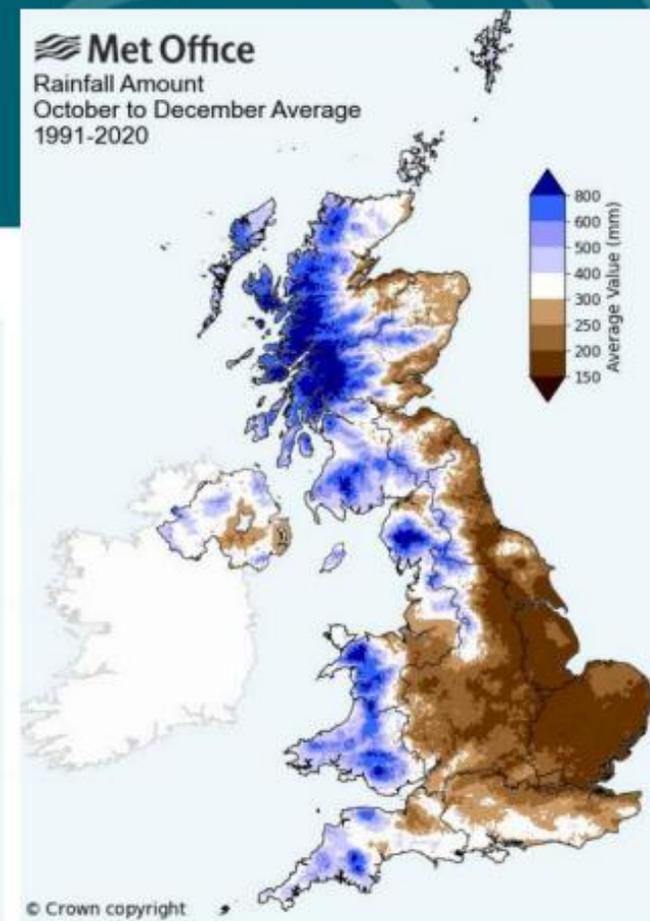
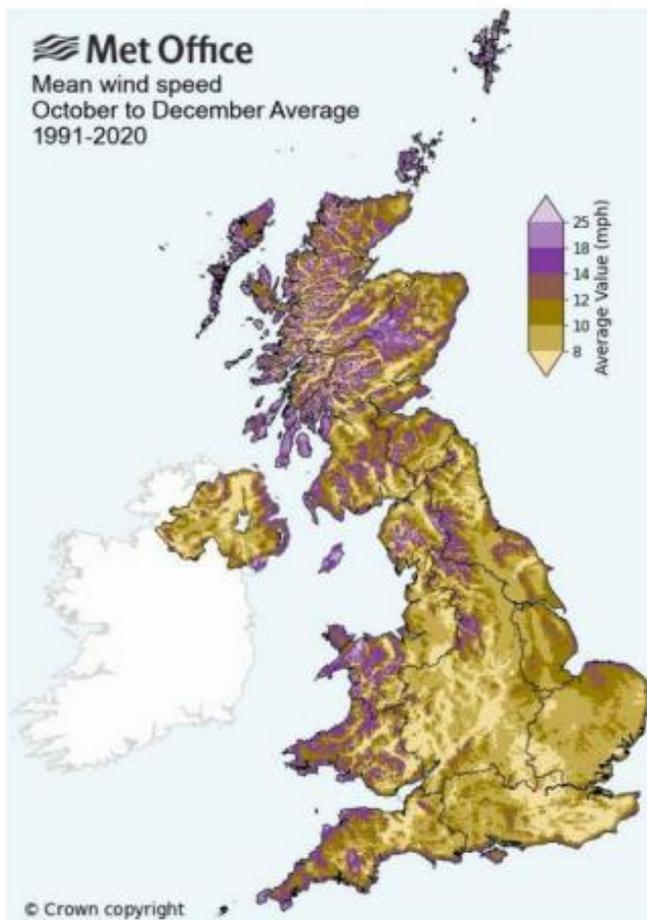
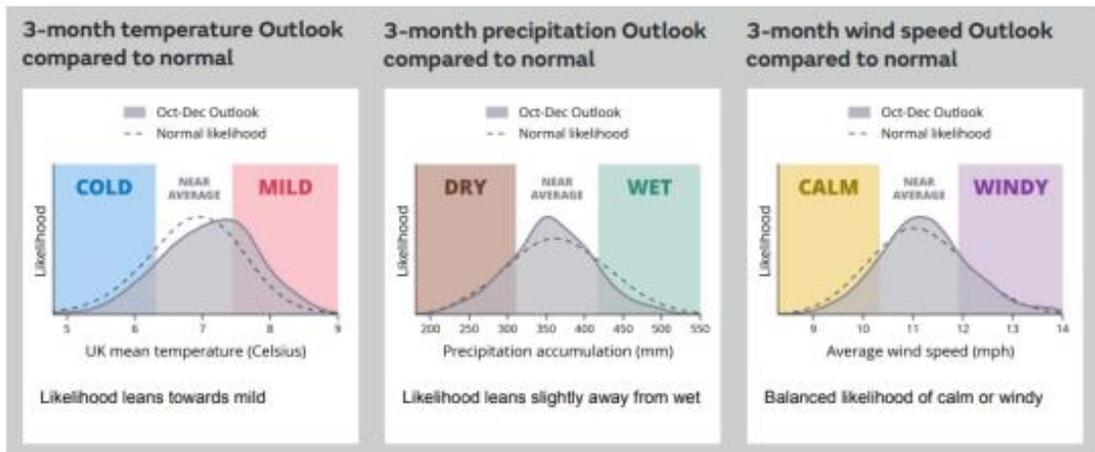
Autumn-Winter 24/25

- ❖ Fifth warmest December on record for UK - overall milder than average
- ❖ January was colder than average, February slightly above average
- ❖ Two named storms: Storm Darragh, Storm Éowyn
- ❖ Mean temperature = 4.62°C
- ❖ Hours of sunshine = 153
- ❖ Total rainfall = 308 mm



October to December 25/26

- ✦ The chance of a dry 3-month period for the UK is around normal (higher-than-normal pressure in S/SW)
- ✦ The chance of a wet period is less than normal
- ✦ There is a higher-than-normal chance of the 3-month period being mild in the UK overall (**a greater chance of colder weather with winter hazards more likely than usual, later in the period**)
- ✦ There is a balanced change of a windy, or a calm period



[Met Office 3-Month Outlook](#)

Autumn-Winter 25/26

Certainty of Uncertainty

The hot summer has left the North Atlantic warmer than normal and is currently pushing Hurricane remnants further north than ordinarily expected.

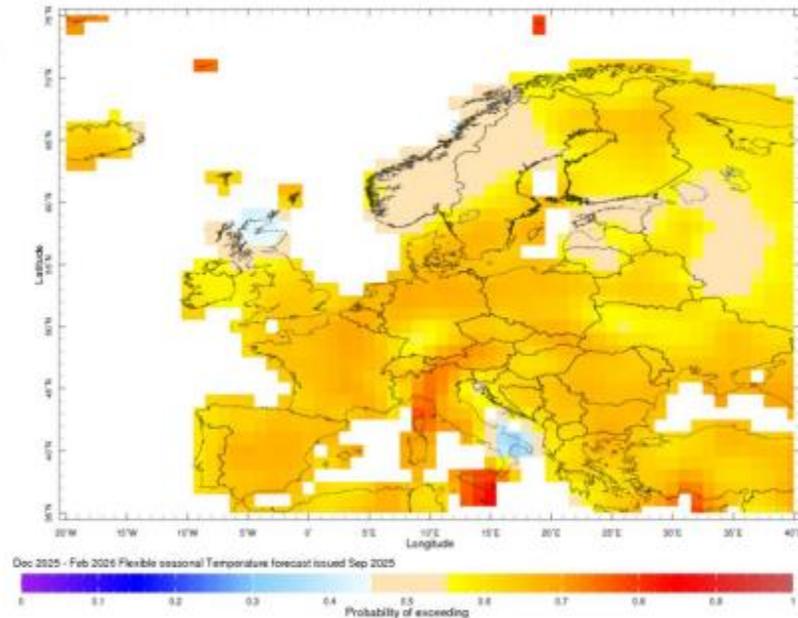
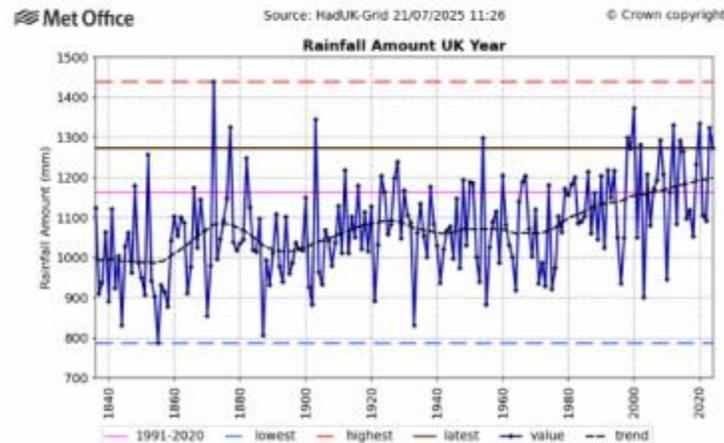
- ✧ This will change in late-November, with fronts returning to their normal paths and increasing rainfall in the South-West.
- ✧ Hurricane Season has been slow to start but with a 50% chance to higher-than-average activity.
- ✧ Overall temperatures expected to be higher than average.

Warmer, a little wetter, and frosty in the back half

- ✧ 50% chance of warmer winter
- ✧ 0-5% chance of colder winter

Likely a similar winter to last year – not abnormal rainfall, a little windier perhaps.

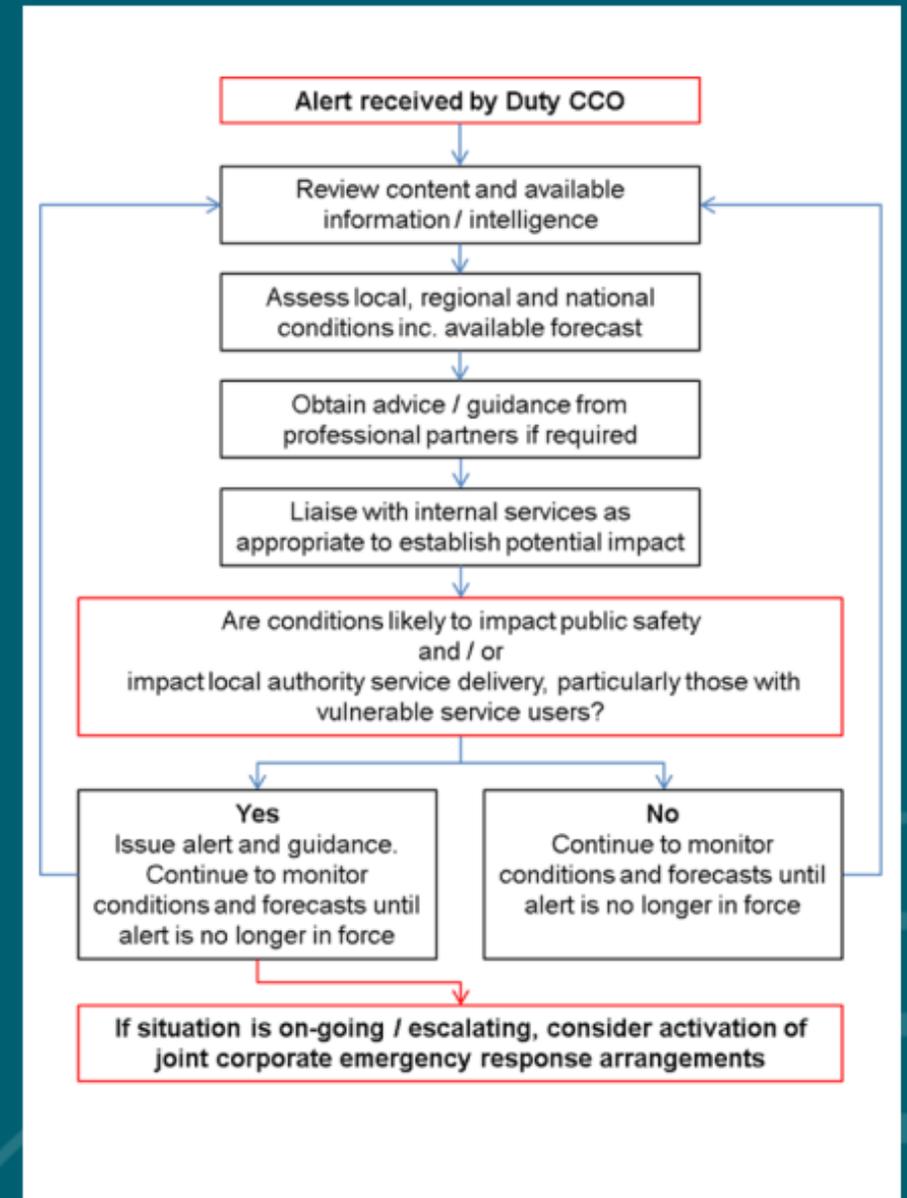
UK - Rainfall Annual



Severe Weather & Flooding

Receiving and Distributing Alerts:

- ❖ Met Office National Severe Weather Warning Service
- ❖ UKSHA Cold Health Alert
- ❖ UKSHA Heat Health Watch
- ❖ Met Office Civil Contingencies Advisor
- ❖ Environment Agency Flood Warning Service
- ❖ Flood Forecasting Centre
- ❖ Flood Guidance Statement



Flood & Storm Resources

SomersetDutyCCO
FW: Flood Alert: Rivers Clyst and Culm... Sat 18:51

SomersetDutyCCO
FW: Flood Warning: Doniford Stream i... Sat 15:49

SomersetDutyCCO
FW: Flood Guidance Statement - AMB... Sat 15:38

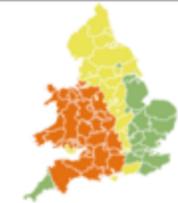
A certain river area is at risk of causing a flood

A Flood Alert has been issued by the Environment Agency.
Flood Alert in force: Rivers Clyst and Culm and their tributaries.

The river area is a greater risk of causing a flood

IMPORTANT INFORMATION.
A Flood Warning has been issued by the Environment Agency.
Flood Warning in force: Doniford Stream in the Sampford Mill Farm area.
Flooding is expected for: Sampford Brett Bridge on the A358 and Sampford

A Yellow/Amber/Red warning for flooding or other such weather related hazard.



Saturday
3 Oct 2020 15:30-23:59
Trend since last FGS
Steady →

SomersetDutyCCO
FW: Weather message from Met Offic... Fri 02/10

A detailed description and explanation of the weather forecast.

Good morning

HEADLINE: Storm Alex is now well and truly with us and we now have a rain weather warning at the MEDIUM im – coloured AMBER – for parts of SW England for much of Saturday and early Sunday.

We have already seen some very wet and windy weather from Storm Alex last night and this morning across SW

Flood & Storm Resources

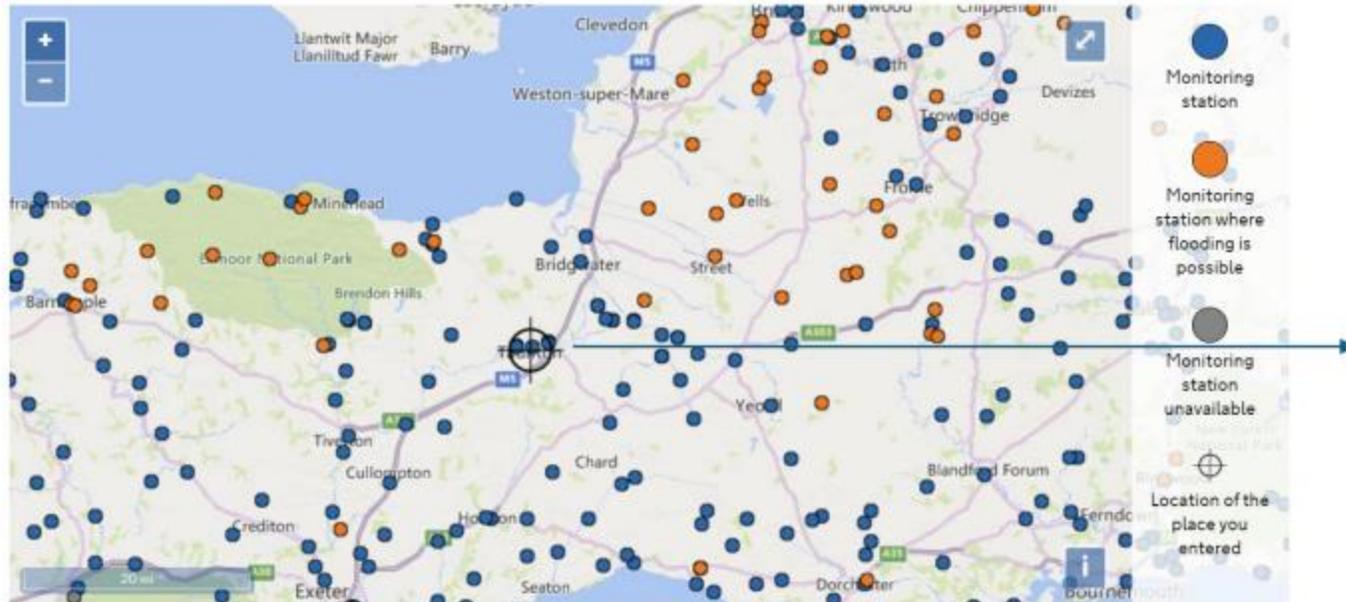
GOV.UK

Flood information service

[Coronavirus \(COVID-19\): how we're protecting our flood warning service](#)

River and sea levels for: Somerset, England

4:22pm Sunday 4 October 2020



River Cam level at Weston Bampfylde

[View map](#) [Nearby levels](#)

Latest at 4:00pm on 12 May

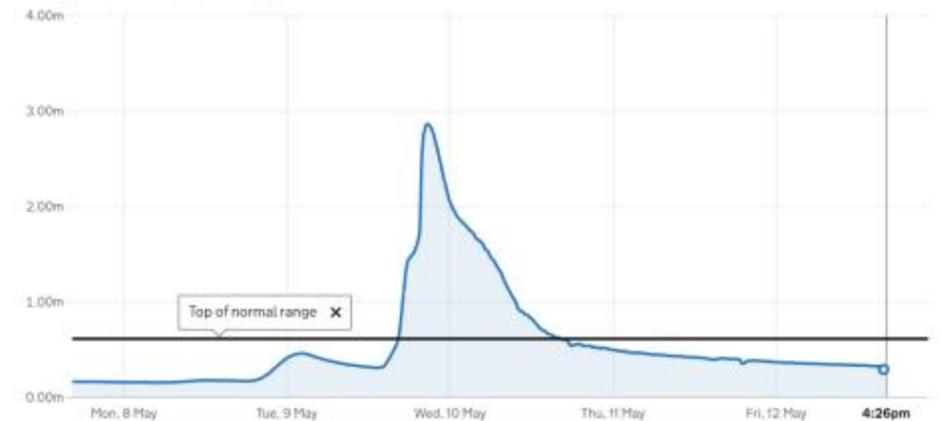
Height
0.28m

Trend
Falling

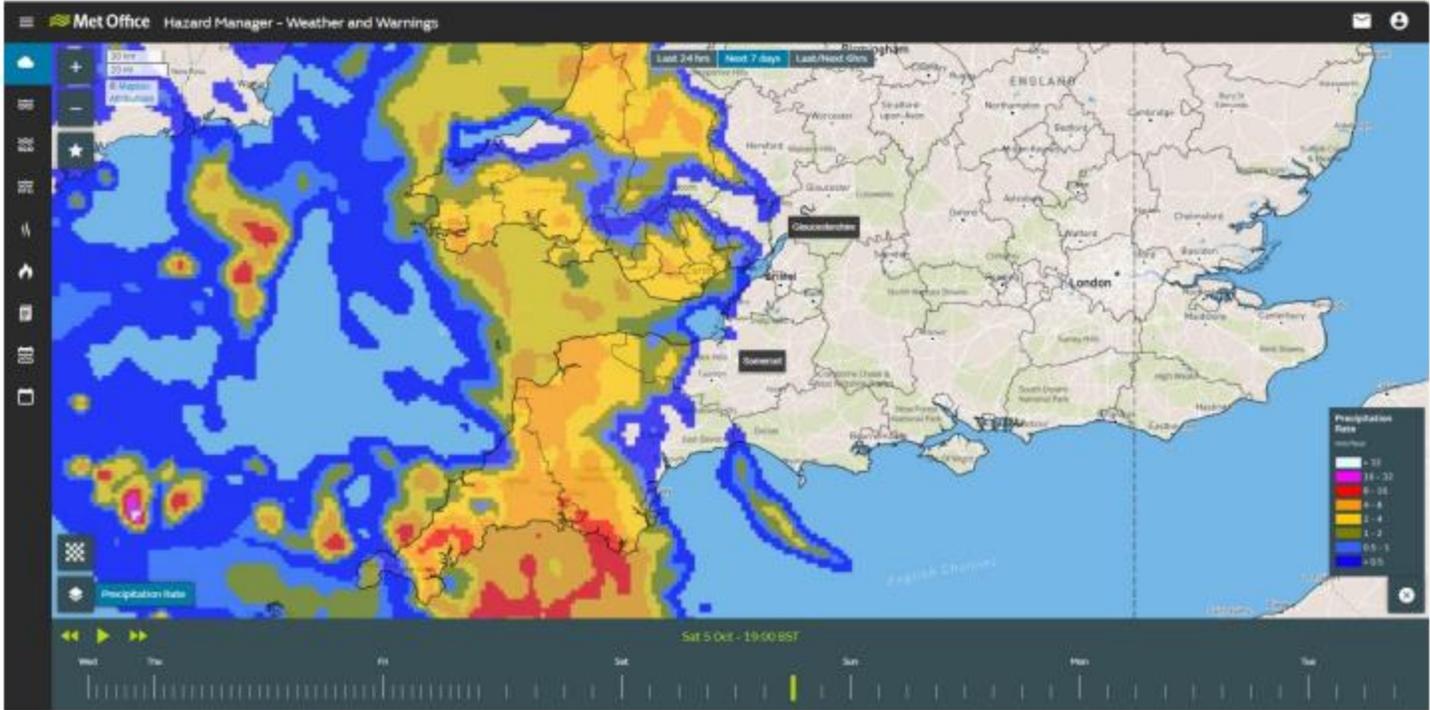
State
Normal

Normal range 0.03m to 0.60m

Height over the last 5 days



Flood & Storm Resources



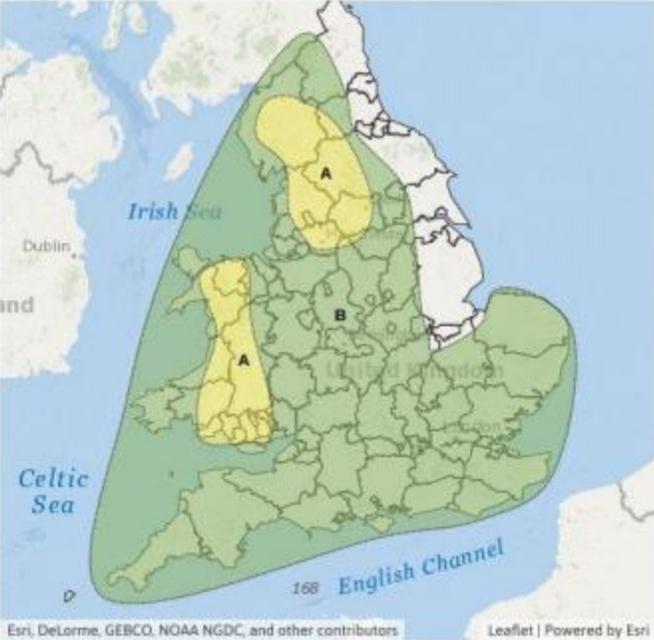
Flood Guidance Statement

10:30hrs Tuesday 19 September 2023



Specific Areas of Concern Map 2 - Wednesday 20 September 2023

<p>RISK AREA A Impact MINOR Likelihood MEDIUM</p> <p>Source: River Surface Likely duration: 2 Days</p> <p>Prolonged, and sometimes very heavy rainfall, could lead to flood impacts</p>	
<p>RISK AREA B Impact MINOR Likelihood LOW</p> <p>Source: River Surface Likely duration: 3 Days</p> <p>Heavy rainfall will push south east through Wednesday, with flood impacts possible</p>	



Esri, DeLorme, GEBCO, NOAA NGDC, and other contributors | Leaflet | Powered by Esri

Flood Reporting Form

Somerset Council Our services

Home > Beaches, arts and flooding > Flooding information and advice

Flooding information and advice

Advice and guidance on flooding in Somerset

Advice and guidance on preparing for or recovering from flooding

- Preparing for flooding**
What to do and who can help you prepare for flooding
- During flooding**
Find information on school closures, missed waste collections, transport information and general advice
- After flooding**
Advice and guidance after flooding including making after yourself and insurance

Latest advice

Important

If water is entering your property and you are in immediate danger, phone 999 and follow advice from the emergency services.

If your home is about to be flooded
If your area has a flood warning (when flooding is expected) or severe flood warning (when there is a danger to life) or you can see the water approaching your property:

- Turn off your gas, electricity and water supplies, if it's safe to do so – do not touch an electrical switch if you are standing in water.
- Move your family, vehicles, pets and important items to safety, for example upstairs or to higher ground.
- If you have them, use flood protection products, for example flood barriers or air brick covers.
- Check on vulnerable neighbours.
- If you need help and support, contact neighbours or nearby family and friends in the first instance. If your community has them, contact the local Flood Wardens or your Town or Parish Council emergency team.

Report flooding

You can use the below form to:

- report flooding to your property, surrounding areas or community
- identify support needed from the Council

The availability and timing of support will depend on the time of day and competing pr

If water is entering your property and you are in immediate danger, phone 999 and follow advice from the emergency services.

This form has **3 pages** and will take approximately **10 minutes** to complete.

[Report flooding →](#)

Severe Weather

Are conditions likely to impact public safety
and/or
impact local authority service delivery, particularly those with vulnerable service users?



Alert arrives in our Duty
CCO inbox

	4	8	13	16
Likelihood	3	7	12	15
	2	6	10	14
	1	5	9	11
				Impact

Risk Matrix score gives us
impact and likelihood for the
event



Currently the Warnings are posted on the Emergency
Planning Intranet (banner above), however we are currently
devising a system where the alerts can be shared internally
using the Company Communicator tool.



For other, weather-related alerts, we look at the whole picture to inform our judgement as to whether we send out an alert or not.



National Cold Weather Resources

UK Health Security Agency's Adverse Weather and Health Plan.

- Combination of former Hot and Cold Weather Plan for England
- Updated for 2024/25
- Provides advice the following on planning and response during adverse weather events:
 - Public Sector
 - Health and Social Care
 - Local Communities

Duty EPO receives Cold Health Planning Advice outlooks for up to 30 days ahead with likelihood metric attached. Sign up with wh.alerts@ukhsa.gov.uk to receive alerts to inboxes.

2024-03-15 - Cold-Health Planning Advice

General overview of weather conditions in relation to the hazard (Cold) next 5 days

An unsettled period ahead with showery outbreaks of rain on Friday before a brief ridge of high pressure overnight, where some northern counties might perhaps see some rural frost on the weekend. However, daytime any low temperature thresholds being reached. For the rest of the week, bands of cloud and rain sweeping across the country, with some drier interludes at times, especially in the south. Temperatures near normal or lat expected to be reached.

General overview of weather conditions in relation to the hazard (Cold) 6-15 days

Unsettled conditions are set to continue into the start of this period, with temperatures remaining mild or very mild. Towards the end of March, more settled conditions are favoured, although still some significant uncertainty here. With this, Northern parts of the UK are likely to be drier and colder with wetter and milder conditions in the south and west. Wintry hazards can still be expected although the risk decreasing as time goes on. At present, there is little sign of any particularly extreme or prolonged cold conditions. Low temperature thresholds are unlikely to be reached.

General overview of weather conditions in relation to the hazard (Cold) 16-30 days

High pressure is likely to remain fairly dominant into April. Temperatures probably remaining average with little support for exceptionally cold conditions, some wintry hazards can still be expected into early April but the chance of a significant cold snap reduces with time.

Region	Probability of average temperatures of 2°C or below for 48 hours or more			General comments on weather
	Next 5 days	6-15 days	16-30 days	
NE	5	15	15	Temperatures generally near average or above but a low risk of brief colder spells towards the end of March.
NW	5	15	15	Temperatures generally near average or above but a low risk of brief colder spells towards the end of March.
YH	5	15	15	Temperatures generally near average or above but a low risk of brief colder spells towards the end of March.
EM	5	10	10	Temperatures generally near average or above but a low risk of brief colder spells towards the end of March.
WM	5	10	10	Temperatures generally near average or above but a low risk of brief colder spells towards the end of March.
EoE	5	10	10	Temperatures generally near average or above but a low risk of brief colder spells towards the end of March.
Lon	5	10	10	Temperatures generally near average or above but a low risk of brief colder spells towards the end of March.
SE	5	10	10	Temperatures generally near average or above but a low risk of brief colder spells towards the end of March.
SW	5	10	10	Temperatures generally near average or above but a low risk of brief colder spells towards the end of March.

Regions: NE = North East | NW= North West | YH = Yorkshire and The Humber | EM = East Midlands | WM = West Midlands | EoE = East of England | Lon = London | SE = South East | SW = South West

Severe Weather – Business Continuity Planning

Any interruption to the smooth running of care services and activities can be highly disruptive to staff, customers and residents. Business Continuity Management is fundamental to ensure the businesses remain on course to provide services to the customers and residents, especially during emergencies.

Think about how you would cope with interruptions which may affect loss of staff, ICT networks, premises, power suppliers and the provision of services to your customers.

Please see link below for Care Services information on business continuity planning:

[Care Homes Business Continuity leaflet.docx](#)



Thank you!
Any Questions?



infoccu@somerset.gov.uk



Supporting whole communities by helping people individually



Somerset



We are Citizens Advice Somerset

We are a **charity**.

We provide **free, independent** and **confidential** advice to give people the knowledge and confidence they need to find their way forward - whoever they are, and whatever their problem.

“Citizens Advice provided me with hope that society exists and there are caring people willing to help those in need of advice and guidance.”

Client quote

We are Citizens Advice Somerset

Our Vision: Free and trustworthy advice is available so we can all live in a society where people receive the help they need to solve their problems.

Our Mission: delivering excellent advice services in Somerset and beyond by:

- Making sure great advice is easily available
- Taking early action to prevent problems getting worse
- Reaching out to those who find it hardest to get the help they need
- Working with other organisations
- Influencing others

“It’s a great comfort to be able to call and get independent advice on all sorts of matters. My experience has always been positive and this service has helped a great deal in reducing stress and anxiety on the issues concerned.”

Client quote

Why we're needed

We can all face problems that seem complicated or intimidating.

We believe no one should have to face these problems without good quality, independent advice.

Welfare benefits

- increasing income
- ability to heat and eat
- passporting to other income
- avoidance of debt

GVA and family

- remaining safe
- securing Legal Aid
- resolving child arrangement issues
- divorce and financial remedies

Housing and homelessness

- accessing housing
- defending possession action
- addressing anti-social behaviour

Debt and money

- maximising income
- managing creditor action
- repayment plans and other remedies
- budgeting

Employment

- resolving disputes
- obtaining entitlements
- addressing bullying and discrimination
- compensation for mistreatment

and much more...

**During
2024-25**

Our service is open
to anyone in need
of advice.



20,214
Clients helped

Advice Issues



84,388

Activities



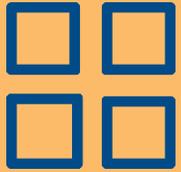
101,966

Income gain



£9.4 million

Why are we unique?



We provide free, impartial and confidential advice to anyone on any topic



Our advice service can be accessed in a number of different ways



We understand the complexity of the issues that affect people's lives



We promote equality, challenge discrimination and campaign for change



We provide the right level of advice and support to resolve problems



We understand that experiencing a problem affects self-confidence

Getting advice

We work across the county to ensure we are delivering a consistent service for clients and partner agencies.

We also have specialist funded services.

Citizens Advice in Somerset

Generalist legal advice service

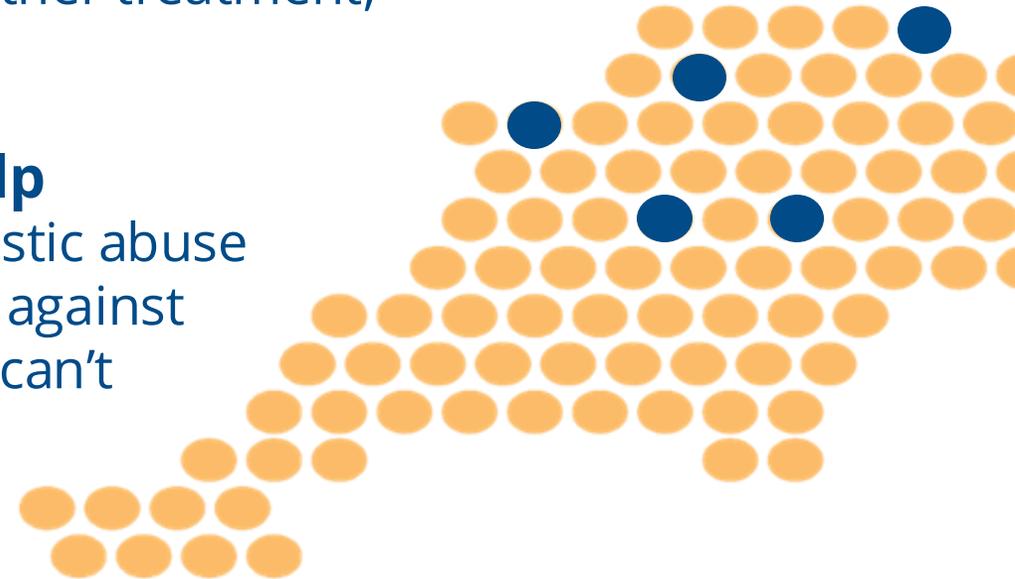
- information and advice on almost any topic provided by trained volunteers, delivered in a variety of ways

Open Mental Health

- advice service for people with mental health conditions, to help them continue their recovery and avoid the need for further treatment, funded by the NHS

Litigant in Person help

- For survivors of domestic abuse who have legal issues against their perpetrator and can't get Legal Aid



Getting advice

And more!

Citizens Advice in Somerset

Macmillan benefits advice

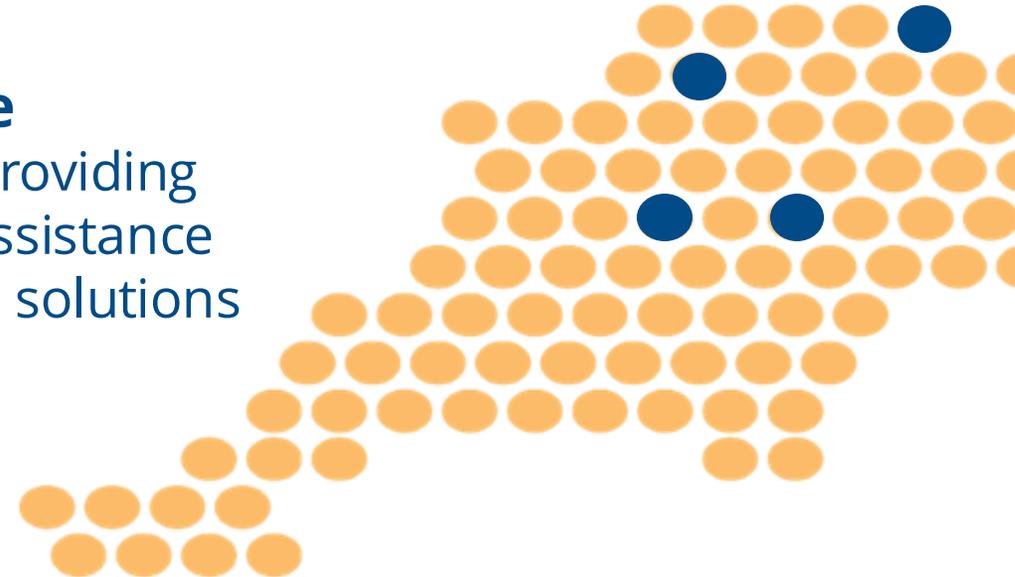
- providing advice about benefits and grants for people affected by cancer

Homelessness prevention

- providing advice and support to help people avoid homelessness and retain tenancies.

Specialist debt advice

- maximising income, providing advice and practical assistance with debt options and solutions



How we help

People get advice in different ways:



by phone



by email



face-to-face



other

Advice is delivered mainly by trained volunteers.

Our advisers explore each situation to establish the most appropriate next step, taking into account the urgency and complexity of the issue, the capability of the individual client and our capacity.

How to get advice

Detailed online advice - citizensadvice.org.uk

Email advice – via our website citizensadvicesomerset.org.uk

Telephone adviceline Monday to Friday 9am to 4pm

- **0808 278 7842**

Text Relay Service Monday to Friday 9am to 5pm

- **18001 0800 144 8884**



PROTECTING PHYSICAL HEALTH AND PREVENTING FALLS



OUR VALUES:

Passionate, Inclusive, Dedicated, Inspiring, Connected



OUR MISSION:

Somerset Activity and Sports Partnership (SASP) is dedicated to increasing the health and happiness of residents in Somerset through physical activity and sport

NHS South West campaign: Every Move Matters – celebrating all movement



Every Move Matters



WINTER CAN BE RISKY FOR HEALTH!

- Shorter days and colder weather → less activity
- Slippery surfaces → more falls
- Cold homes = stiff joints and muscles → more falls
- Less sunlight = lower vitamin D → weaker bones and muscles



EVERY MOVE MATTERS CAMPAIGN

24.3% of Somerset adults are inactive (<30 mins/week)

- Every Move Matters – any movement is better than none, even short bouts of activity add up and contribute to overall health.
- Move More, Sit Less – break up long periods of sitting with light activity to reduce the risk of health issues like heart disease.
- Start Small, Build Up – begin with what you can manage and gradually increase over time.



#EveryMoveMatters – find your way to move



PROTECTING YOUR PHYSICAL HEALTH

- Move regularly – The “Every Move” idea: breaking up sitting, getting up and walking for a minute every hour
- Stay warm – layer clothing, keep home 18°C+
- Eat well – protein and calcium supports muscles & bones
- Small, regular actions build **strength and resilience**

FALLS PREVENTION

Why it matters

- 1 in 3 people 65+ fall each year
- Falls = loss of confidence, independence, hospital visits
- Most falls are preventable
- Strength and balance exercises help reduce risk



PREVENTING FALLS AT HOME



Practical tips

- Clear walkways and improve lighting
- Wear sturdy footwear with good grip
- Keep frequently used items within easy reach
- Take time when standing – don't rush
- Check rugs, mats, and cables for hazards
- **Small tweaks = big difference**

STRENGTH AND BALANCE - YOUR BEST PROTECTION!



Try simple movements:

- Sit-to-stand from a chair
- Heel raises & toe taps
- Gentle balance holds near a counter

“Little and often makes a big difference”

Every repetition counts →
Every Move Matters!



WHAT IS AVAILABLE TO ASSIST YOUR CONVERSATIONS AND INCREASE YOUR CONFIDENCE?



Workforce Training - Move More and Live Longer Better.

www.sasp.co.uk/training-opportunities

Knowing where to go to find quick and appropriate movement opportunities for those ready and motivated for change.

Here's some further information on SASP movement programmes and resources....

FALLS PREVENTION IN SOMERSET



**MOVE MORE
WITH BANDS
IN STANDING**

A PROGRAMME OF STANDING EXERCISES TO
SUPPORT STRENGTH, BALANCE & WELLBEING



[HTTPS://WWW.SASP.CO.UK/UPLOADS/EVERY-MOVE-MATTERS-PRESENTATION.PDF?V=1758200358](https://www.sasp.co.uk/uploads/every-move-matters-presentation.pdf?v=1758200358)



Every Move Matters



KEY MESSAGES

**STAY ACTIVE, WARM, AND STEADY THIS
WINTER**

START SMALL – MOVE YOUR WAY

REMEMBER: EVERY MOVE MATTERS!

FIND OUT MORE



www.sasp.co.uk



01823 653 990



healthenquiries@sasp.co.uk



Safe and Warm Somerset

Free and impartial energy advice

Energy Suppliers and Bills

Priority Service Register



It is worthwhile adding yourself to the PSR

National grid will warn you if there is a power cut and will keep you updated.

Add yourself to the suppliers PSR too...

- Nominee scheme
- Accessible bills (large print, braille,)
- Meter in accessible location
- Lenient payment plans
- Delay enforcement action



Meters



If you don't have a smart meter, meter readings are important so that your bills are not estimated.





Bills and Payment methods

There are several different types of payment methods. Choose the one that is right for you.

It is important to check that the payments are covering the energy usage.

Divide the annual usage by 12 and set that as the monthly payment





Dealing with Debt

- Check that the bill is correct
- Find out how much is going towards the debt. (they wont always tell you)
- Speak to the debt department and negotiate to make it as affordable as possible.

If someone has multiple debts or a large amount of debt they should always **seek advice from specialist debt advisors!**





Switching

When was the last time you switched tariff or supplier?

Use a comparison site to find a cheaper deal.

Each tariff will charge you a daily charge and for each unit of energy you use. The amounts can vary significantly!

About your tariff

We're easy to compare

The information below gives you all the details on your current tariff, and everything you need to compare it with others.

	Electricity	Gas
Tariff name	Tenant Saver (Variable)	Tenant Saver (Variable)
Payment method	Cash / Cheque	Cash / Cheque
Billing preference	Paper	Paper
Tariff end date	None	None
Termination fee		
Annual usage (based on estimates)	6,200 kWh	6,413 kWh

About Your Supply

Electricity supply number: **S** 02 811 30 22 0001 2689 845

Gas meter point: 9205057805

Home Improvements



Insulation

The aim of insulation is to keep the heat from escaping and reduces the need for heating.

Cavity wall insulation and loft insulation are the most common types of insulation but there are many other kinds



Draught Proofing



Removing draughts is just as important as insulation.

Using several types of draughtproofing can save a few hundred pounds each year.

Some homes can't be improved any other way



Damp and mould

- Keep doors closed when producing moist air to stop it from travelling around the home.
- Allow all the moist air to leave the home by opening windows, trickle vents and using extractor fans
- Reduce the amount of moist air produced by keeping lids on pans and not drying clothes in doors.
- Clean all spores (including the ones you can't see) with bleach



Grants and Funding



There are lots of different types of grants to help towards the cost of home improvements.

Funding changes all the time so contact us and we can advise on what might be appropriate for your property

**Heating and Hot water
is the most expensive
thing we do. . .**



Central Heating

- How long is it on before the household wakes up?
- What time at night does it turn off?
- Does it come on even when the home is empty?
- Are empty rooms being heated?
- Is the thermostat in a good position?





Electric Heating

Night Storage Heaters

- How long does it charge up over night?
- How old are your heaters?
- Are you heating an empty home?
- Adjust it nightly to match the weather

Heat Pumps

- Don't adjust the controls.





Hot water controls

- How do you heat your hot water?
- How much water do you need?
- How often does it heat the water?
- Is it too hot?
- Could you use less?

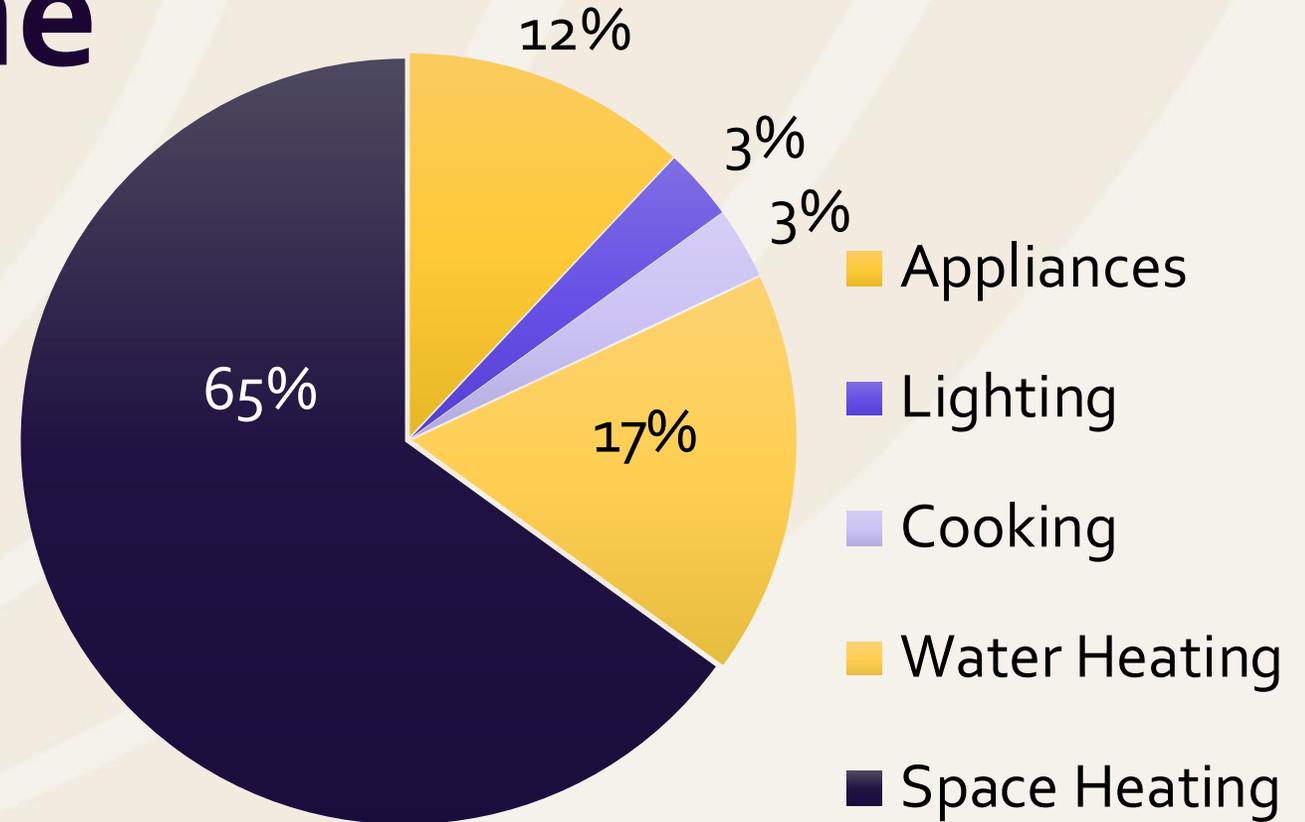




Energy Efficiency around the home

Ultimately, we are trying to ensure that people are warm in their homes but are not wasting energy or money – it's a balance

Heating our homes and hot water is the most expensive thing we do!



Other ways to save
What uses watt?
101 energy saving tips



We're a charity supporting people and organisations across the UK to tackle the climate emergency and end the suffering caused by cold homes.

[cse.org.uk](https://www.cse.org.uk)